

THE SECRET TO LESS LAUNDRY

Woman's Day

Clutter CLEANOUT

- ✓ Paper piles
- ✓ Closets
- ✓ Old stuff

Lose
weight,
boost
energy
plan P.105

Eat healthy
ON A BUDGET

Cute
deviled
eggs!



Easter FUN!

Spring recipes, easy decorations + pretty crafts



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"I am the resurrection and the life: He that believeth in me, though he were dead, yet shall he live."

JOHN 11:25

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WD

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Dear Woman's Day

Stories, thank-yous and terrific tips from readers like you.



Bringing everyone together
My daughter and I cooked the Roasted Salmon with Crispy Potatoes and Broccoli ["One-Pot Comfort," January 2015] for our Sunday family dinner. The two of us had a lot of fun making it, plus it looked so beautiful that we were quite proud of ourselves.

NANCY PARRISH, Chandler, AZ

» Find the recipe at womansday.com/roastedsalmon.

Not missing a beat

Thank you for the heart-health section of *Woman's Day* [February 2015]. It so brilliantly brought awareness to the #1 killer of women. The topic hits close to home because I'm living with heart disease and, since it runs in the family, I worry for my daughters. Your dedication and compassion for women who are living with, or at risk of, heart disease warms my heart (pun intended!).

CYNTHIA S. BROWN, Franklin, TN

» Read about other heart-healthy women at womansday.com/werehearthealthy.

Uplifting

I loved J.M. Barrie's quote "The moment you doubt whether you can fly, you cease forever to be able to do it" [Embrace the Day, January 2015] so much I hung it on my daughter's wall. Thanks for sharing it!

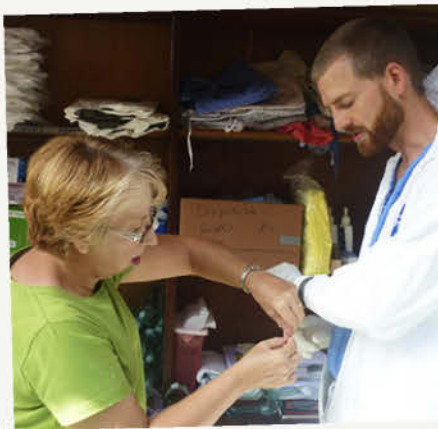
SHANNON ORELL-BAST, Regina, Saskatchewan

Above and beyond

I was intrigued by Nancy Writebol's "I Survived Ebola" [February 2015]. It really showed the dangers these amazing people go through because they genuinely care for others. And if you look at the photo of Nancy putting duct tape on Dr. Kent Brantly's gloves, the supplies on the shelf in the background make it look like she has a halo. She truly is an angel!

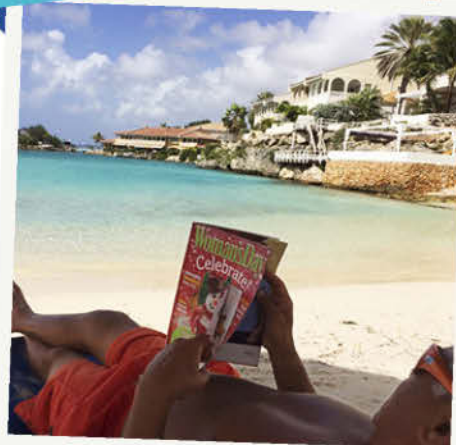
ROCHELLE SANTOS, Rumford, RI

» Read the exclusive story and watch an interview with the Writebols at womansday.com/ebola.



Nancy Writebol (left) shows her angelic side.

WD GOES ON VACATION!



Sun, surf, *Woman's Day*. Ahh...

“Here’s my husband reading *Woman's Day* in Curaçao! We always spend New Year’s there and make sure to bring our issue with us. That way both he and I can read it thoroughly, try some of the recipes and shopping tips, then share it all with friends! It’s a gift that keeps on giving!”

MAURICIA AND JULIO MARTINEZ
Doral, FL

SEND US YOUR
FEEDBACK

Write to us at womansday@hearst.com or *Woman's Day*, 300 West 57th Street, New York, NY 10019.

A woman with long red hair is lying face down on a red sofa in a grassy park. In the background, a man in a light blue shirt and dark pants is walking towards the camera. Two children, a girl in a black and white plaid shirt and a boy in a yellow shirt, are playing with a brown ball. The scene is set in a park with many trees and a path in the background.

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CALLING ALL COOKS!

For a limited time only at Costco (costco.com), you can buy all three *Woman's Day* cookbooks in one big, colorful volume. *Woman's Day What's for Dinner? Easy Everyday Meals Your Family Will Love* includes more than 330 recipes from *Easy Everyday Dinners*, *Easy Everyday Lighter Dinners* and *Recipe Remix*. It may just become your new go-to cookbook!



Hop to It

It's the start of the season of renewal, when we all come out of hibernation and have a little fun. Indeed, happy abounds in this issue, including our "little devil" eggs, pretty Easter table settings, delicious spring recipes—and the adorable bunny that you may have spotted on our cover.

Some magazines hire an army of fashion stylists, makeup artists and assistants to produce their covers. *Woman's Day* brought in a bunny handler. (Yes, you read that right—this is a real job.) The handler's name is

Bonnie Terry, and she raises rabbits on her farm in Lebanon, NJ. Bonnie showed up on the set of our cover shoot with seven of the most *aww*-inspiring bunnies you've ever seen and proved expert at wrangling them for the camera (not surprisingly, all they wanted to do was hop).

The cover bunny is named Buttercup, but I had already started calling him (her?) "Nibbles" in my head, so Nibbles it is. In fact, we liked Nibbles so much that we've hidden pictures of her (him?) throughout the magazine. See above for details on how to enter for a chance to win \$1,000—all you have to do is count the number of times Nibbles appears in this issue.*

Have a joyous spring!

Susan

Susan Spencer
Editor-in-Chief
susan@womansday.com



**ENTER FOR A
CHANCE TO
WIN \$1,000!**

Count the bunnies hidden in this issue and go to womansday.com/bunnies to enter. Five people will win.

See page 121 for details and official rules.

Reach me on **FACEBOOK**
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Don't miss...

...*Cancer: The Emperor of All Maladies*, a three-part documentary airing on PBS from March 30 to April 1. Based on the brilliant book by Siddhartha Mukherjee, MD, and executive-produced by Ken Burns, the program looks at the science and history of cancer. Interspersed throughout are the moving and deeply personal stories of patients and survivors, as well as the doctors and scientists who have dedicated their lives to the search for a cure. Yes, it's a tough topic, but the program is fascinating and a must-watch for anyone whose life has been touched by the disease.



Lori Wilson, MD, who is profiled in the documentary, shaved her head while undergoing chemotherapy.

*Not required for entry

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Your Kind Acts

Whether done solo or as a group, our readers' generous deeds show what happens when action follows heart.

THE
kindness
PROJECT



Students help the helpers.

» In 2014 the sixth-grade class at St. Wendel Catholic School helped out Habitat for Humanity. But since these 11- and 12-year-old students were too young to do any of the actual building, they came up with another way to contribute by making lunches and handing them out to the volunteers. The students also gave out a lot of smiles, which of course made everyone feel appreciated.

AMANDA CADDEN, Wadesville, IN

At the doctor's office recently, I watched a woman being turned away because she didn't have her copay. As she left in tears, I quickly paid it, then found her before she could leave and let her know it was taken care of.

TARA THOMAS, Richmond, VA

» For more than 20 years I've been making little baskets out of plastic canvas. Last year three of my baskets filled with goodies raised much-needed money for the Cancer Relay for Life Raffle. For Easter, I'm making a whole collection that I will fill and take to the local senior center to help brighten up their holiday just a little. My mother always taught me that it's better to give than receive, and I absolutely agree.

KAREN WHISTLER, Polan, OH

Send your Kindness Project stories and photos to kindnessproject@hearst.com.

THE KINDNESS
PROJECT

FIGHTS HUNGER

Woman'sDay

INVITE A SENIOR TO DINNER

Your elderly neighbor might seem OK, but he or she may be one of the 4.8 million Americans age 60 or older who are struggling with food insecurity. Seniors can have difficulty getting to the grocery store and cooking for themselves, and with limited incomes, they often have to choose between buying food and paying medical bills. The recipe below is easily doubled, so it will provide enough food to feed your family *and* share with an older friend.

Quick turkey chili

ACTIVE 25 MIN ♦ TOTAL 25 MIN ♦ SERVES 6

- 2 Tbsp olive oil
- 1 large onion, chopped
- Kosher salt and pepper
- 2 cloves garlic, finely chopped
- 1 Tbsp chili powder
- 2 tsp ground cumin
- 1½ lbs lean ground turkey
- 1 28-oz can fire-roasted diced tomatoes
- 1 15-oz can refried beans
- 1 15-oz can black beans, rinsed
- 1 15-oz can kidney beans, rinsed
- 2 4-oz cans fire-roasted diced chiles
- 1 cup low-sodium chicken broth
- Sour cream, shredded cheese and tortilla chips, for serving

1 Heat the oil in a large saucepan or Dutch oven over medium heat. Add the onion, season with ½ tsp each salt and pepper and cook, covered, stirring occasionally, until tender, 6 to 8 minutes.

2 Stir in the garlic, chili powder and cumin and cook, stirring, for 1 minute. Add the turkey and cook, breaking it up with a spoon, until it begins to brown, about 4 minutes.

3 Add the tomatoes (and their juices), beans, chiles and chicken broth and bring to a boil. Reduce heat and simmer until slightly thickened, about 3 minutes. Serve with the sour cream, cheese and chips, if desired.



keep momming.

Being a Mom means being the one person my daughter Ryan can count on. So when she was diagnosed with Attention-Deficit/Hyperactivity Disorder (ADHD), we worked with her doctor to manage things together.

Check out a new site for moms to learn about ADHD and get helpful resources.

keepmomming.com

Holly Robinson Peete
& daughter Ryan —
diagnosed with
ADHD at age 12.

keep momming™



WORKING
MOTHER



S02687 06/14

Promotion

WD
deals & dish

An inside look at *Woman's Day*
events, promotions & special offers



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Enter for a chance to win these prizes at womansday.com/giveaways. See page 121 for details and go online for official rules.



STYLISH STORAGE

10 winners will receive a set of 3 **Blue Damask Storage Bins** courtesy of **Kirkland's**. Made with woven resin wicker and fabric, they can help declutter the messiest room. Value, \$59.99.



Snap for a chance to win the products on this page. See below.



COMPLETE SET

6 winners will receive a **Lavender Pine Cleaning Essentials Set** from **Caldrea**, which includes Dish Soap, Countertop Spray, Hand Soap, Laundry Detergent and Linen and Room Spray. Value, \$75.

HANDS-FREE

1 winner will receive an **iRobot Roomba 870 vacuum cleaning robot** courtesy of **Bed Bath & Beyond**. Just press *clean* and relax as the Roomba takes care of the vacuuming for you. Value, \$599.99.



COME CLEAN

Stains, dirt and grime won't stand a chance! 5 winners will receive a **Hoover TwinTank Steam Mop**, which works on tile, hardwood, sealed stone, vinyl, and more. Value, \$99.99.



SOAPED UP

Add a splash of color to your cleaning routine. 15 winners will receive a **Dishwashing Package** from **Casabella**, featuring a set of 6 Sparkle Scrub Sponges, a Soap Pump & Sponge Holder and 2 pairs of Water Stop All-Purpose Gloves. Value, \$32.97.



SNAP FOR MORE WD

Ready!

Download the free **Access WD** app on your smartphone device from the App Store or Google Play Store. Or visit scannow.mobi/wd on your phone to download.



Set!

Center your device 4 to 7 inches above the **Access WD** icon and let your camera focus until you hear a chime.

Snap!

Look for these icons throughout the issue:



Snap to win



Snap to buy



Snap to watch



Snap to take a poll



Snap for a shopping list



Snap to see more



Enter all of our sweepstakes at womansday.com/giveaways

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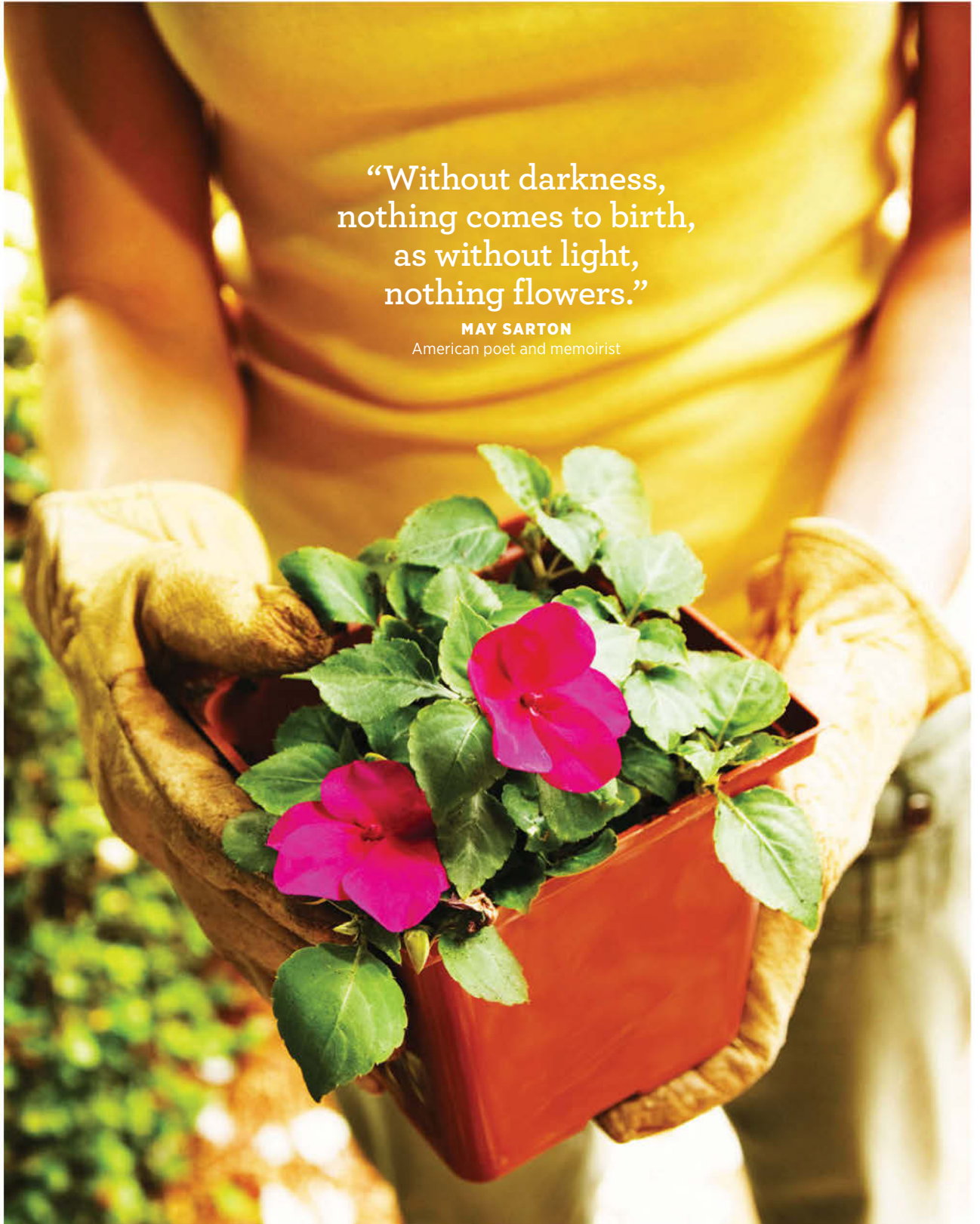
Embrace the Day

INSPIRING IDEAS THAT MAKE YOUR LIFE RICHER

“Without darkness,
nothing comes to birth,
as without light,
nothing flowers.”

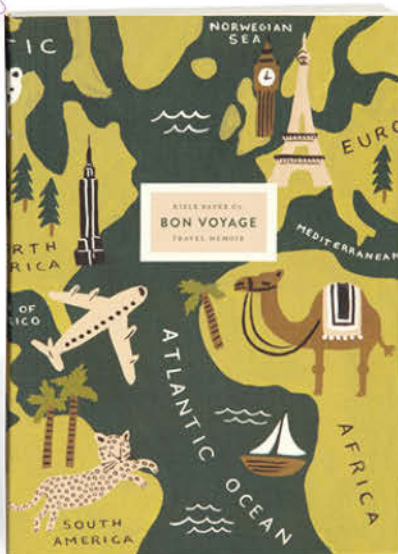
MAY SARTON

American poet and memoirist





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products on
this page. Get
the WD app,
page 16.

CLEVER USES FOR

1

Soften cuticles

No time for a full manicure? Soak your fingertips in a bowl of mayo for 5 to 10 minutes, then rinse with warm water to hydrate and smooth the nail and cuticle.

2

Remove paint splatters

Get rid of accidental drips on tile, light switches or doorknobs by adding a touch of mayo to the spots before they harden completely. The oil in mayo helps break down the oils in paint (since oil attracts oil), making it easier to wipe away and less harsh on surfaces than paint thinner.

3

Erase water stains

Don't let wet marks and rings ruin wood furniture. Put two spoonfuls of mayo on the spot, cover with a paper towel and press down. Leave for a few hours, then buff with a clean cloth and the mark will fade away.

4

Dust houseplants

Take a tip from professional florists: Clean your potted plants with some mild soap and water, then use a paper towel to rub a drop of mayo into the tops of leaves. They'll look healthy and vibrant for weeks!

DID YOU KNOW?

It's not mayo that's making your chicken salad go bad. The acid may help slow down or reduce the growth of bacteria.

5

Rescue dinner

When you're fresh out of eggs but breaded cutlets are on the menu, spread a thin layer of mayo on the meat (it won't affect the flavor), then add bread crumbs and fry.

SOURCES: Carol Caggiano, florist, AIFD, PFCI. Bruce Johnson, author, *The Weekend Refinisher* and *The Wood Finisher*. Danny Lipford, home improvement expert and host, *Today's Homeowner* television and radio show. Elaine Watson, global education director, Cuccio International.

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¹Based on Pharmacy Times Survey among pharmacists who recommend a "bone/joint strengthener" dietary supplement, 2014-2015

²Nielsen Scantrack XAO Dollar Sales 52 w/ October 25, 2014.

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EASTER ALL DAY

Brunch? Dinner? How about both! No matter when you sit down for your holiday meal, these recipes and crafts will make it truly special.

== PHOTOGRAPHED BY ==
ALEXANDRA ROWLEY





Make a quick and pretty place setting by tying a fresh flower onto a folded napkin.

Easter Brunch Menu

Crispy Cornflake
French Toast and
Toppings

Fruit-on-the-Bottom
Yogurt

Mini Olive
Oil and
Almond Cakes

Label the buffet

Use purple twine to bundle a few 4" twigs. Write the dish's name on a 2" x 3" piece of cardstock and slide it, along with a sprig of lavender, between the two top twigs.

molly

elliott

HOPPY PLACECARDS

- 1 Paint a rabbit figurine (\$2.69 each; happyhentoys.com) with gold paint and let dry.
- 2 Cut a 4" length of thin wire and twist one end onto the bunny just below the head.
- 3 Use a 1 3/4" round craft punch to create two purple cardstock circles. Write your guest's name on one circle with a fine-tip marker.
- 4 Sandwich and glue the other end of wire between the two circles.

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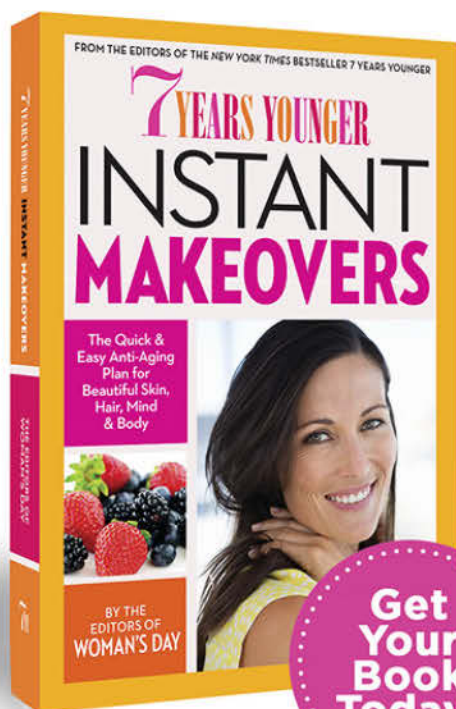
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HEARST *editions*



GROW-YOUR-OWN GARDEN CENTERPIECE

- 1 Arrange Medium Whitewashed Wood Trays (\$7.99 each; containerstore.com) down the middle of your table. Cut through wheatgrass (available at most nurseries) with scissors so it fits inside each tray.
- 2 Push the stems of cut flowers into floral water picks (\$3.99 for 24; save-on-crafts.com) filled with tap water, then nestle the plastic tubes into the grass.
- 3 For extra color, place a few dyed eggs around the perimeter as shown.



FRUIT-ON-THE-BOTTOM YOGURT

ACTIVE 15 MIN ♦ TOTAL 30 MIN
MAKES 8 ♦ COST PER SERVING 57¢

- 1 12-oz pkg frozen fruit (such as raspberries, strawberries, mango, blueberries or a combination)
- $\frac{1}{4}$ cup water
- 1 32-oz container plain or vanilla lowfat yogurt

- 1 In a medium saucepan, combine the fruit and water (if keeping fruits separate, use a small saucepan with 3 oz fruit and 1 Tbsp water for each). Simmer, stirring and mashing occasionally, until fruit has broken down and the mixture has thickened, 12 minutes.
- 2 Spoon the fruit into small resealable glass jars. Top with the yogurt and refrigerate until ready to serve (up to 3 days).

PER SERVING 89 CAL, 1 G FAT (1 G SAT FAT), 6 MG CHOL, 82 MG SOD, 6 G PRO, 12 G CAR, 1 G FIBER

Bunny Eggs

Adhere rabbit stickers (\$3.66; walmart.com) to dyed eggs, then use a marker to outline each with dots (keep dots closer together around the sticker's perimeter). Peel off the sticker to reveal sweet silhouettes.

CRISPY CORNFLAKE FRENCH TOAST

ACTIVE 20 MIN ♦ TOTAL 35 MIN
MAKES 12 PIECES ♦ COST PER SERVING 69¢

- 8 large eggs
- $\frac{3}{4}$ cup whole milk
- 7 cups cornflakes, finely crushed
- 12 slices challah bread, about 1 in. thick
- 6 Tbsp unsalted butter
- Maple syrup and assorted toppings, for serving (recipes, below)

- 1 Heat oven to 375°F. Line 2 large baking sheets with foil.
- 2 In a pie plate, whisk together the eggs and milk. Place the crushed cornflakes in a second pie plate or shallow dish. Working with one slice at a time, soak the bread in the egg mixture, 15 seconds per side. Let any excess drip off, then coat in the cornflakes, pressing gently to help them adhere.
- 3 Melt 2 Tbsp butter in a large nonstick skillet over medium heat. Add 4 slices of coated bread; cook until golden brown, about 2 minutes per side. Transfer to the prepared baking sheet. Wipe out the skillet; repeat with remaining butter and coated bread.
- 4 Transfer the pans to the oven and bake for 15 minutes. Serve with maple syrup and assorted toppings, if desired.

PER PIECE 293 CAL, 11 G FAT (4 G SAT FAT), 144 MG CHOL, 398 MG SOD, 10 G PRO, 37 G CAR, 0 G FIBER



Store the almond cakes at room temperature for up to 3 days. Warm in a 300°F oven, if desired.

MINI OLIVE OIL AND ALMOND CAKES

ACTIVE 15 MIN ♦ TOTAL 1 HR 5 MIN ♦ SERVES 12 ♦ COST PER SERVING 43¢

- $\frac{3}{4}$ cup plus 1 Tbsp extra-virgin olive oil, plus more for the pans
- $\frac{3}{4}$ cup sliced almonds
- $\frac{3}{4}$ cup plus $\frac{1}{2}$ cup granulated sugar
- $1\frac{1}{2}$ cups all-purpose flour
- 2 tsp baking powder
- $\frac{1}{2}$ tsp kosher salt
- 4 large eggs
- 2 tsp orange zest
- $\frac{1}{4}$ cup fresh orange juice (from about 1 navel orange)

- 1 Heat oven to 350°F. Coat three $5\frac{1}{2}$ x 3-in. loaf pans with

oil; line with parchment paper, leaving a 2-in. overhang on the long sides. In a bowl, toss the almonds with 1 Tbsp oil and $\frac{1}{2}$ cup sugar.

- 2 In a medium bowl, whisk together the flour, baking powder and salt. Using an electric mixer, beat the eggs and remaining $\frac{3}{4}$ cup sugar until light, fluffy and more than doubled in volume, 4 to 5 minutes. With the mixer on high, gradually add the remaining $\frac{3}{4}$ cup oil.

- 3 Reduce the mixer to low

and beat in the orange zest and juice. Gradually add the flour mixture, beating just until incorporated.

- 4 Spread the batter into the prepared pans. Sprinkle the almond-sugar mixture on top and bake until golden brown and a wooden pick inserted in the center comes out clean, 30 to 35 minutes. Let the cakes cool for 15 minutes, then, using the overhangs, transfer to a wire rack to cool completely.

PER SERVING 335 CAL, 20 G FAT (3 G SAT FAT), 62 MG CHOL, 195 MG SOD, 5 G PRO, 32 G CAR, 1 G FIBER

FRENCH TOAST TOPPINGS

Sweet sautéed apples with thyme: Sauté 2 large Gala apples (cut into $\frac{1}{2}$ -in.-thick pieces), 1 Tbsp fresh thyme leaves and $\frac{1}{4}$ tsp black pepper in 2 Tbsp unsalted butter until just tender, 5 to 6 minutes.

Sugar-and-spice bacon: Cook 1 lb sliced bacon (cut into $\frac{1}{2}$ -in. pieces) in a large skillet over medium heat until nearly crisp, 10 to 12 minutes. Using a slotted spoon, transfer the bacon to a paper towel-lined plate. Wipe out the skillet, return the bacon and cook for 1 minute. Sprinkle with 1 Tbsp brown sugar; cook, tossing, until it melts. Drizzle with 2 Tbsp maple syrup and sprinkle with $\frac{1}{8}$ tsp cayenne; toss to coat.

Herbed goat cheese: In a bowl, combine 4 oz goat cheese (at room temperature), 1 Tbsp each chopped fresh tarragon and parsley, 1 tsp lemon zest and $\frac{1}{4}$ tsp crushed red pepper flakes.

Save one for the Easter bunny. If you can.



Philadelphia® Easter Mini Cheesecakes

Prep Time: 20 min. | Total Time: 3 hrs. 20 min. incl. refrigeration | Makes: 18 servings

- | | |
|----------------------------------------------------------|----------------------------|
| 1 cup graham cracker crumbs | 1 tsp. vanilla |
| 3/4 cup plus 2 Tbsp. sugar, divided | 3 eggs |
| 3 Tbsp. butter, melted | 1 cup plus 2 Tbsp. coconut |
| 3 pkg. Philadelphia® Cream Cheese (8 oz. each), softened | 54 speckled chocolate eggs |

HEAT oven to 325°F.

MIX graham crumbs, 2 Tbsp. sugar and butter; press into the bottoms of 18 paper lined muffin cups.

BEAT cream cheese, vanilla and remaining sugar with mixer until smooth.

ADD eggs, 1 at a time, mixing on low speed after each just until blended. Spoon over crusts.

BAKE 25 to 30 minutes or until centers are almost set. Cool completely. Refrigerate for 2 hours.

TOP each cheesecake with 1 Tbsp. toasted coconut shaped into a nest. Fill each nest with 3 speckled chocolate eggs.



Made with fresh milk, real cream and no preservatives.

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“Owls have always been fascinating creatures to me. Their mystery. Their strength. And, of course, their wisdom that sparkles as bright as this gem-inspired crystalline figurine!”

— Blake Jensen



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A top-down photograph of an Easter dinner spread. In the center is a large white oval platter with a purple decorative border, filled with sliced ham. To the left of the platter is a bowl of green salad with various leafy greens and vegetables. Above the platter is a small white bowl containing a yellow sauce. In the foreground, next to the platter, is a small white bowl of red sauce. A carving knife and a carving fork with light-colored handles are placed on the left side of the platter. The background is a light-colored surface.

Easter Dinner Menu

Orange-Red Pepper
Jelly Glazed Ham

Lemony Broiled
Asparagus




Caramelized Onion
Twice-Baked
Potatoes

Spring Herb Salad
with Citrus Vinaigrette

Carrot Cupcakes

See pages 38 and 39 for the
ham, salad and cupcake
recipes, page 36 for the
asparagus and potato recipes.

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LEMONY BROILED ASPARAGUS

ACTIVE 15 MIN ♦ TOTAL 15 MIN ♦ SERVES 8 ♦ COST PER SERVING 84¢

- 2 lbs asparagus, trimmed
- 2 Tbsp olive oil
- Kosher salt and pepper
- 1 lemon
- 2 hard-boiled eggs

1 Heat broiler. On a large rimmed baking sheet, toss the asparagus with the oil and ½ tsp each salt and pepper. Broil, shaking the pan once, until just tender, about 5 minutes.

2 Zest the lemon over the asparagus and toss to combine. Transfer the asparagus to a platter and coarsely grate the egg over the top.

PER SERVING 61 CAL, 4 G FAT (1 G SAT FAT), 46 MG CHOL, 143 MG SOD, 2 G PRO, 2 G CAR, 1 G FIBER



CARAMELIZED ONION TWICE-BAKED POTATOES

ACTIVE 20 MIN ♦ TOTAL 2 HR 20 MIN ♦ SERVES 8
COST PER SERVING 40¢

- 4 large russet potatoes
- 3 Tbsp olive oil
- Kosher salt and pepper
- 2 medium red onions, thinly sliced
- 1 cup sour cream
- 3 scallions, finely chopped, plus more for serving

1 Heat oven to 375°F. Rub the potatoes with 1 Tbsp oil, sprinkle with ½ tsp salt and transfer to a large baking sheet. Bake until tender in the center, about 1 hour 15 minutes.

2 While the potatoes are baking, heat the remaining 2 Tbsp oil in a large skillet over medium heat. Add the red onion and cook, stirring occasionally, until tender and lightly golden brown, 15 minutes.

3 Once the potatoes are cool enough to handle, cut them in half crosswise. Scoop out the insides, leaving a ⅛-in. border, and transfer to a large bowl. Mash with the sour cream and ½ tsp each salt and pepper. Fold in the scallions and onions.

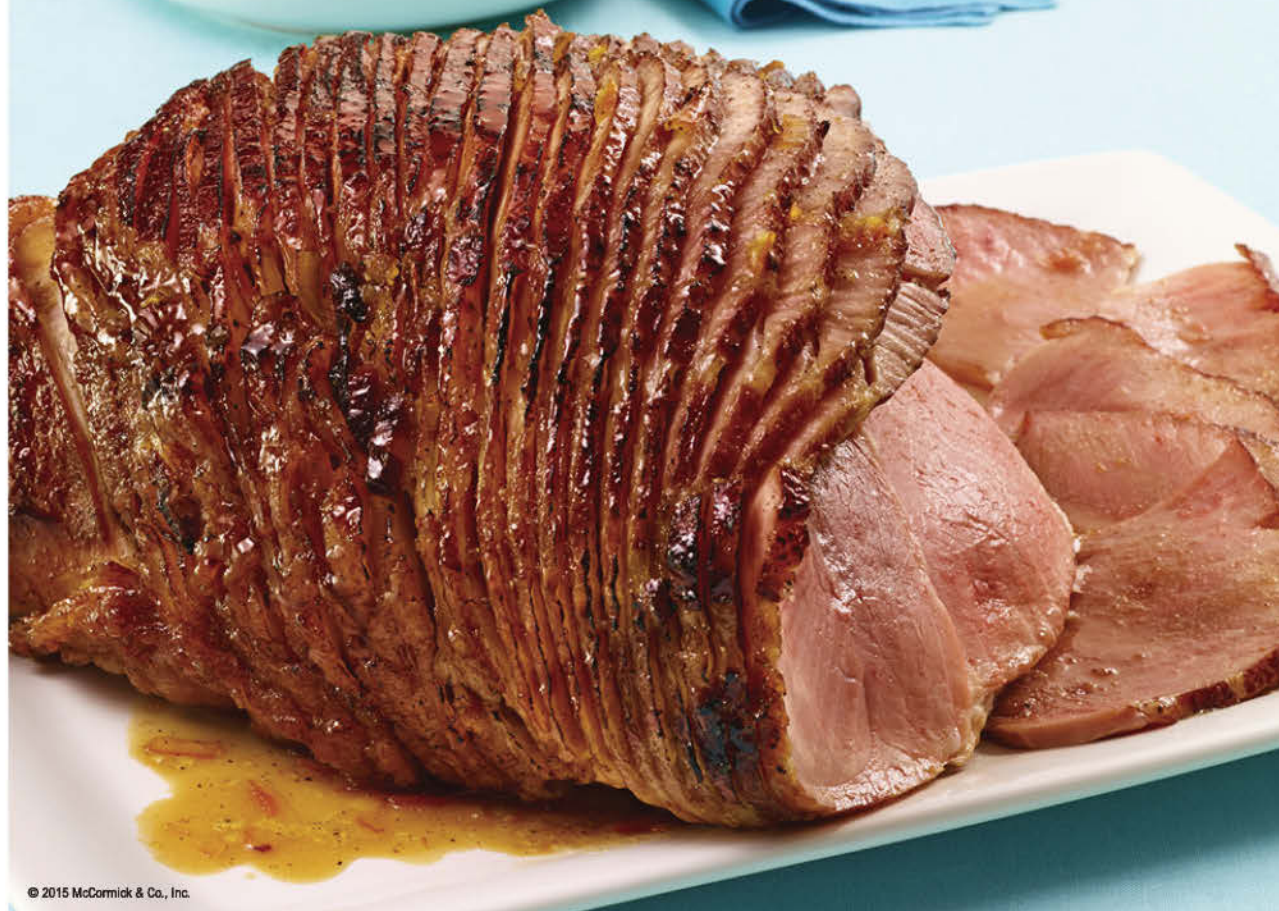
4 If necessary, slice a thin piece off the rounded sides of each potato so they can stand upright. Transfer the potato skins back to the baking sheet. Divide the filling among the potato halves (about ½ cup each) and bake until heated through, 15 to 20 minutes. Sprinkle with additional scallions and pepper, if desired.

PER SERVING 249 CAL, 10 G FAT (3 G SAT FAT), 12 MG CHOL, 274 MG SOD, 4 G PRO, 35 G CAR, 4 G FIBER

Woodland Eggs

- 1** Create a fairy crown by twisting wire around baby's breath and lavender cuttings, then draw on a friendly face.
- 2** Give a dyed egg a woodgrain effect with a white grease pencil (\$3.99; joann.com).
- 3** For an acorn, glue twine to the top third of an egg, then attach a twig stem.





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RISE TO THE OCCASION THIS EASTER WITH THE 100% ROBUST FLAVOR OF McCORMICK®.

McCormick Orange Glazed Ham

- 1 bone-in spiral-cut ham (about 10 lbs.)
- 1 cup orange marmalade
- 1/4 tsp. **McCormick Ground Cloves**
- 1 tsp. **McCormick Ground Mustard**
- 1/2 tsp. **McCormick Garlic Powder**
- 1/4 tsp. **McCormick Ground Black Pepper**

Tip: No cloves? Use 1 tsp. **McCormick Ground Cinnamon** instead.

PLACE the ham on its side in roasting pan. Mix marmalade and spices in small bowl until well blended. Brush 1/2 of the marmalade mixture over ham, gently separating the slices so mixture can reach middle of ham. Cover loosely with foil.

BAKE in preheated 325°F oven 1 hour, basting occasionally. Remove foil. Brush with remaining marmalade mixture. Bake 45 minutes longer. Serve ham with pan drippings.

Makes 24 servings.



For more great-tasting recipes, visit mccormick.com



ORANGE-RED PEPPER JELLY GLAZED HAM

ACTIVE 10 MIN ♦ TOTAL 1 HR 30 MIN
SERVES 8 (WITH LEFTOVERS)
COST PER SERVING \$2.26

- ½ fully cooked bone-in ham (about 7 lbs total; preferably shank end)
- 1 navel orange
- 2 8-oz jars sweet red pepper jelly
- ⅓ cup red wine vinegar

1 Heat oven to 375°F. Place the ham cut-side down on a rack set in a roasting pan; add ¼ cup water to the pan. Score the ham, if desired. Cover the ham and the pan with foil and bake for 40 minutes.

2 Meanwhile, finely grate the orange zest into a small bowl, then squeeze in 3 Tbsp juice. Add the pepper jelly and vinegar and whisk to combine. Transfer ¾ cup glaze to a bowl and reserve for serving.

3 Brush half the remaining glaze over the ham and bake, uncovered, for 20 minutes. Brush the remaining glaze over the ham and bake until the ham is heated through and the internal temperature registers 140°F, 15 to 20 minutes more. Serve with the reserved glaze.

PER 4-OZ SERVING 292 CAL, 11 G FAT (3 G SAT FAT), 85 MG CHOL, 900 MG SOD, 29 G PRO, 17 G CAR, 0 G FIBER

SPRING HERB SALAD WITH CITRUS VINAIGRETTE

ACTIVE 40 MIN ♦ TOTAL 1 HR 15 MIN
SERVES 8 ♦ COST PER SERVING 80¢

- 1 5-oz pkg mixed greens
- 1½ cups mixed small fresh herb leaves and sprigs (such as dill, parsley, tarragon, basil and chives)
- 4 radishes, thinly sliced
- ½ small seedless cucumber, cut into thin half-moons
- ¼ cup extra-virgin olive oil
- 3 Tbsp fresh lemon juice
- 2 Tbsp fresh orange juice
- 1 tsp honey
- Kosher salt and pepper

1 In a large bowl, gently toss together the greens, herbs, radishes and cucumber.

2 In a small bowl, whisk together the oil, lemon and

orange juices, honey, ½ tsp salt and ¼ tsp pepper. Serve with the salad.

PER SERVING 73 CAL, 7 G FAT (1 G SAT FAT), 0 MG CHOL, 131 MG SOD, 1 G PRO, 2 G CAR, 0 G FIBER

CARROT CUPCAKES WITH HONEY-CREAM CHEESE FROSTING

ACTIVE 30 MIN ♦ TOTAL 1 HR (PLUS DECORATING) ♦ MAKES 12
COST PER CUPCAKE 57¢

FOR THE CUPCAKES:

- Parchment paper
- ½ cup walnuts
- 1½ cups all-purpose flour
- 1 tsp baking powder
- 1 tsp baking soda
- 2 tsp pumpkin pie spice
- ¼ tsp kosher salt
- ½ cup dark brown sugar
- ¼ cup granulated sugar

Two irresistible flavors

I can't believe they're making a megastar like me do this.

Hey, I know those guys.





- 2 large eggs
- ½ cup canola oil
- 2 Tbsp fresh orange juice
- ½ lb carrots, peeled and grated (about 1¾ cups)
- ½ cup golden raisins
- ¼ cup dried apricots, roughly chopped

FOR THE FROSTING:

- 1 8-oz pkg cream cheese, at room temperature
- ⅓ cup sour cream
- ½ cup confectioners' sugar
- 2 Tbsp honey
- Orange, green gel paste food colors, for decorating

1 Heat oven to 425°F. Cut out twelve 5-in. squares of parchment and arrange in the cups of a 12-cup muffin tin.

2 Spread the walnuts on a small rimmed baking sheet and toast until lightly golden brown, 5 to 7 minutes.

Transfer to a cutting board; once cool, roughly chop. Reduce oven to 325°F.

3 Meanwhile, in a medium bowl, whisk together the flour, baking powder, baking soda, pumpkin pie spice and salt.

4 In a large bowl, whisk together the sugars, eggs, oil and orange juice. Add the flour mixture to the eggs and mix to combine. Fold in the carrots, raisins, apricots and walnuts.

5 Divide the batter among the prepared muffin cups (about ¼ cup each). Bake until a wooden pick inserted

into the center comes out clean, 22 to 25 minutes. Let the cupcakes cool in the pan for 10 minutes, then transfer to a wire rack to cool completely.

6 Meanwhile, make the frosting: Using an electric mixer on low, beat the cream cheese and sour cream to combine. Add the confectioners' sugar and honey and beat until smooth. Chill until ready to use, at least 45 minutes or up to 3 days. Spread the frosting on the cupcakes.

7 For carrot decorations: Tint some of the frosting orange and some green, place in resealable plastic bags, snip off a small corner and pipe carrots and tops.

PER CUPCAKE 377 CAL, 21 G FAT (5 G SAT FAT), 54 MG CHOL, 290 MG SOD, 5 G PRO, 44 G CAR, 1 G FIBER

under 200 calories.

I don't like the way people are looking at us.



I better be getting paid overtime for this.



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SPRING
CLEANUP
PAGE 48

PROJECT
DECLUTTER:
FAMILY ROOM
MAKEOVER
PAGE 42



HOME SWEET *(organized!)* HOME

Say goodbye to frustrating, space-sucking clutter with these expert tricks and stylish storage solutions.



THE PRETTIEST
ORGANIZERS
PAGE 47



CLINTON KELLY'S
LAUNDRY REVOLUTION
PAGE 54



THE GREAT
PURGE
PAGE 50

PROJECT DECLUTTER

Family Room

OUT WITH
THE OLD!



With help from WD's organizing pro and Wayfair.com, one reader turns her dated, cluttered living area into a modern multipurpose space.

PHOTOGRAPHED BY ANNIE SCHLECHTER

THE HOMEOWNER



Laura Bliss

BASKING RIDGE, NJ

Mom to six kids ages 14 to 25, Laura would like this room to serve as a home hub for her growing family. "I want to create a space where we can all spend time—even if we're doing different things," she says. But instead of bringing the crew together, the family room's collection of clutter sent them to hang out in other parts of the house.

THE EXPERT



Lorie Marrero

CREATOR, THE CLUTTER DIET
CLUTTERDIET.COM

HOME OFFICE



66
Decide on
your zones,
then organize
each like
a separate
room," says
Lorie.



MAKEOVER

CLUTTER CHALLENGE

1

The room was overrun with miscellaneous, not-quite-right furniture.

HOW THEY TACKLED IT

"Too many pieces of furniture can make a room feel disorganized," says Lorie. "When you can, use one larger piece instead of two small ones." Following this advice, Laura got rid of a couple of small sofas and chairs and a TV stand that didn't fit the space properly. In their place, she put a sectional couch and matching chairs to maximize seating for family movie nights, plus a built-in style entertainment center, which more than doubles her storage space for DVDs, games and books without overwhelming the room.

FAMILY SPACE

SITTING AREA

PROP STYLIST: STEPHANIE JAMES; HAIR & MAKEUP: SOPHIE HAIG FOR RAREB; MAKEUP: MARREDO; KEVIN J. MIYAZAKI



A basket of blankets and a floor pouf fit perfectly under an open coffee table when not in use.



CLUTTER CHALLENGE

2

Laura doesn't have a home office, so she paid bills on a table in the family room.

Books, mail and other papers piled up there too.



« Paper-backed glass doors keep supplies out of sight.

The cabinet blends in with a gallery of white frames.



With only a task lamp and a few decorative items, Laura's new desk stays neat.

HOW THEY TACKLED IT

"Forget what a room is intended to be used for and embrace what you're *actually* using it for every day," says Lorie. Laura needs a place to manage the household, so Lorie had her donate the dining table and create a true work area on one side of the room. To keep the desktop clear, she moved a bookcase from the TV area to the desk wall and hid an inbox, file boxes, office supplies and a printer inside. Above it, Laura hung a dartboard cabinet turned bulletin board. (She spray-painted it, then lined the inside with adhesive-backed cork.) Here she can pin up important mail, invites, reminders and school paperwork, then simply shut the doors when company comes.



An end table provides a resting place for a drink or book but won't attract clutter.

CLUTTER CHALLENGE

3

The back of the room was empty, so it became a dumping ground for unused exercise equipment, boxes and other odds and ends.

HOW THEY TACKLED IT

Lorie had Laura sort through and remove the castoffs in the corner to carve out space for a more formal seating area around the forgotten fireplace. Then, she added a graphic rug that complements the original carpet, which she moved into the TV area. "By organizing different zones, you can make one space

feel like three," adds Lorie. For seating, a pair of comfy armchairs promote afternoon reading or sitting and talking with guests. Lorie also suggested a glass side table instead of a coffee table to make the floor feel less crowded. To draw attention to the mantel, Laura reframed and displayed two of her favorite floral prints.

Laura's Furniture Fixes

All items donated by Wayfair.com: Rowe Furniture Monaco Sectional Couch (\$2,667) • Parker House Premier Alpine Entertainment Center (\$1,408.78) • Mills Floral Coffee Table (\$353.20) • Liberty Furniture Jr. Executive Desk (\$564) • Wholesale Interiors Baxton Arm Chair, Set of 2 (\$618.99); all at wayfair.com

MORE PRODUCTS: SHOPPER'S GUIDE, PAGE 121

GOT CLUTTER?

HAVE A MESSY ROOM OF YOUR OWN? Write to whome@hearst.com for your chance to work with Lorie.

WHEN
PEOPLE SEE
YOUR **PSORIASIS**,

BEFORE THEY
SEE YOU.

HELLO OTEZLA



Meet Otezla, a prescription medicine approved for the treatment of patients with moderate to severe plaque psoriasis for whom phototherapy or systemic therapy is appropriate. Otezla® (apremilast) is a daily pill that can help treat plaque psoriasis, differently. You take one pill in the morning and one at night.* In clinical studies, Otezla reduced the redness, thickness, and scaliness of plaque psoriasis.

*For your first day, you only take one pill.



- Otezla offers a different way to treat plaque psoriasis
- It is not an injection or a cream—Otezla is a pill
- Otezla works from inside the body to help reduce inflammation
- Otezla's Prescribing Information has no requirement for routine lab monitoring

IMPORTANT SAFETY INFORMATION

You must not take Otezla® (apremilast) if you are allergic to apremilast or to any of the ingredients in Otezla.

Otezla is associated with an increase in adverse reactions of depression. In clinical studies, some patients reported depression and suicidal behavior while taking Otezla. Some patients stopped taking Otezla due to depression. Before starting Otezla, tell your doctor if you have had feelings of depression, suicidal thoughts, or suicidal behavior. Be sure to tell your doctor if any of these symptoms or other mood changes develop or worsen during treatment with Otezla.

Some patients taking Otezla lost body weight. Your doctor should monitor your weight regularly. If unexplained or significant weight loss occurs, your doctor will decide if you should continue taking Otezla.

Some medicines may make Otezla less effective, and should not be taken with Otezla. Tell your doctor about all the medicines you take, including prescription and nonprescription medicines.

Side effects of Otezla were diarrhea, nausea, upper respiratory tract infection, tension headache, and headache.

These are not all the possible side effects with Otezla. Ask your doctor about other potential side effects. Tell your doctor about any side effect that bothers you or does not go away.

Tell your doctor if you are pregnant, planning to become pregnant or planning to breastfeed. Otezla has not been studied in pregnant women or in women who are breastfeeding.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-332-1088.

Please see Brief Summary of Prescribing Information on the following page.



Ask your dermatologist about Otezla.
Visit otezla.com to learn about the **\$0 co-pay** offer† and more.



Otezla® is a registered trademark of Celgene Corporation.
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†Eligibility restrictions apply.



Brief Summary of Information About OTEZLA® (oh-TEZ-lah) (apremilast) Tablets

This information does not take the place of talking to your doctor about your medical condition or treatment. If you have any questions about OTEZLA® (apremilast), ask your doctor. Only your doctor can determine if OTEZLA is right for you.

What is the most important information I should know about OTEZLA?

OTEZLA may cause serious side effects:

Depression was reported by some patients taking OTEZLA. Before taking OTEZLA, tell your doctor if you have had feelings of depression, suicidal thoughts, or suicidal behavior. You, your caregivers, and family members should be alert for the development or worsening of depression, suicidal thoughts, or other mood changes. If such changes occur, contact your doctor. Your doctor will determine whether you should continue taking OTEZLA.

Weight loss occurred in some patients taking OTEZLA. Your doctor should monitor your weight regularly. If unexplained or significant weight loss occurs, your doctor will consider whether you should continue taking OTEZLA.

Some medicines should not be taken with OTEZLA as they may make OTEZLA less effective. Tell your doctor about all the medications you take, including prescription and nonprescription medications.

What is OTEZLA?

OTEZLA is a prescription medicine used for the treatment of patients with moderate to severe plaque psoriasis for whom phototherapy or systemic therapy is appropriate.

It is not known if OTEZLA is safe and effective in children less than 18 years of age.

Who should not take OTEZLA?

You must not take OTEZLA if you are allergic to apremilast or to any of the ingredients in OTEZLA.

What should I tell my doctor before taking OTEZLA?

Tell your doctor if you:

- have had feelings of depression, suicidal thoughts, or suicidal behavior
- have any kidney problems
- are pregnant or plan to become pregnant. It is not known if OTEZLA can harm your unborn baby.
- are breastfeeding or plan to breastfeed. It is not known if OTEZLA passes into your breast milk.

What are the side effects of OTEZLA?

- OTEZLA may cause serious side effects. See “**What is the most important information I should know about OTEZLA?**”
- **Common side effects** of OTEZLA are:
 - diarrhea
 - nausea
 - upper respiratory tract infection
 - tension headache
 - headache

These are not all the possible side effects with OTEZLA. Tell your doctor about any side effect that bothers you or does not go away.

General Information about OTEZLA

Medicines are sometimes prescribed for purposes other than those listed in their package inserts. This is a Brief Summary of important information about OTEZLA. Ask your doctor or pharmacist for more complete product information, or visit otezla.com, or call 1-844-40TEZLA (1-844-468-3952).

OTEZLA (apremilast) tablets

Manufactured for: Celgene Corporation, Summit, NJ 07901

OTEZLA® is a registered trademark of Celgene Corporation.

Pat. <http://www.celgene.com/therapies>

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Based on APRPI.003

OTZ_PsO_Pt_BSv.003 09_2014





The Prettiest Organizers

Neat has never looked so good!



SORT THE SMALL STUFF

Bright, dishwasher-safe **Bamboo Jars** (from \$6.99; containerstore.com) hold everything from leftovers to office supplies.



PUT A LID ON IT

Conceal remotes, phone chargers or other unsightly gadgets in the **Tara Multicolor Box** (\$34; potterybarn.com), then liven up an end table with it.



Hang bracelets and rings too!

DISPLAY JEWELRY

Put frequently worn pieces on the **Cast Metal Jewelry Tree** (\$29; westelm.com) and you can toss some of those tiny boxes taking up space in your drawer.



KEEP IT TOGETHER

The **Trinity Scarf Holder** (\$10; umbra.com) is three hangers in one! Use it to plan tomorrow's outfit or tidy unruly accessories.



Snap to buy the products on this page. Get the WD app, page 16.



MAKE A MATCH

Mount the **Lost Socks Wall Rack** (\$50, originally \$69; birchlane.com) near the dryer and soon you'll be reuniting long-lost sole-mates.



PRICE BREAK
Enter WDBL at checkout.



CLEAR THE COUNTER

With a spacious 16" x 9" x 6.5" interior, the **Now Designs Bread Bin** (\$40; amazon.com) can corral your sandwich loaf, wraps, burger buns—even a baguette!



Spring Cleanup

Tidy your yard with these easy ideas and affordable finds.

Display plants

There's nothing more lovely than pots overflowing with leafy greens and blooming flowers. But spread out too many planters in one space and it can start to feel like a disorganized jumble. For a bountiful-yet-contained grouping, arrange them on the **A-Frame Plant Stand and Tray Set** (\$110; gardeners.com) and position it on a deck or porch, or in a sunroom. This style has removable metal trays to help catch water runoff, and the frame collapses for simple winter storage.



EXTRA SEATING

Entertaining outside? Put out a few of these weatherproof folding chairs, then hang them from a hook in the garage when guests leave.



Nisse Folding Chair, \$12.99; ikea.com

Place seed packets or gloves on prongs, which double as a shelf.



DIY Project!

RAKE RACK

Remove the head of an old bow rake (unscrew at the base or saw off the wood handle). Sand it to remove any rust, then apply a coat of spray paint. Once dry, hang it prong-side out just below the handle from a screw on the wall, then use to hold tools and supplies.



Nelson Metal Piston Nozzle, \$5.97; homedepot.com

A hose that won't tangle!

Say goodbye to frustrating kinks and muddy knots. The **Melnor Coil Water Hose** (\$19.97; homedepot.com) stretches up to 50 feet and instantly retracts to its springlike shape when you're done, eliminating the tedious (and heavy!) task of recoiling.

A QUICK FIX FOR \$20

FINALLY, A LIGHTWEIGHT LITTER THAT DOESN'T ACT LIGHTWEIGHT.

7-DAY
ODOR CONTROL

50%
LIGHTER*

100%
DUST FREE



NEW
ARM & HAMMER™
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LIGHTWEIGHT

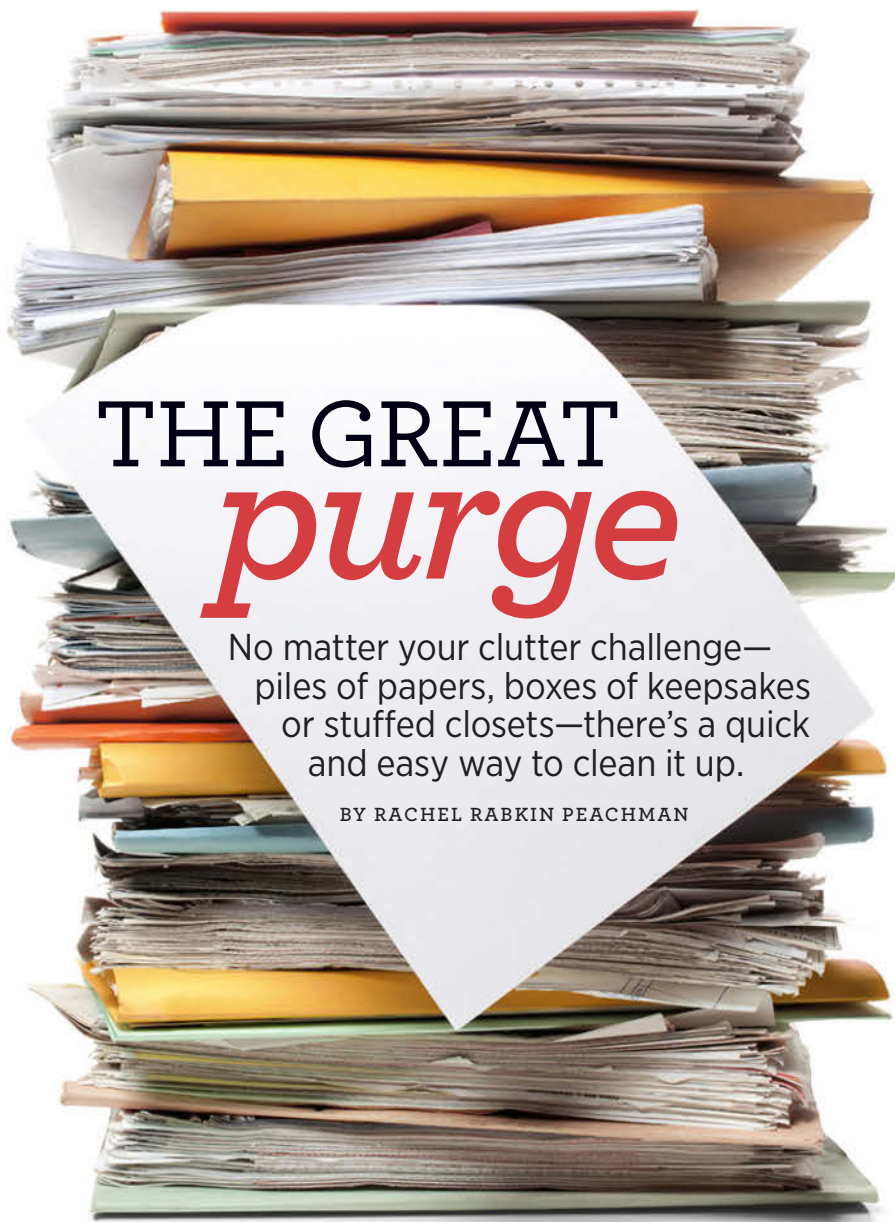


ClumpandSeal.com



Find
us on 

*Than our regular litter



THE GREAT *purge*

No matter your clutter challenge—piles of papers, boxes of keepsakes or stuffed closets—there's a quick and easy way to clean it up.

BY RACHEL RABKIN PEACHMAN



“All of my late father's belongings are collecting dust in my basement.”

KIM BROWN, New York City

WHY IT HAPPENS

Inherited possessions can come to represent the person who owned them or symbolize your relationship. Clearing them out can trigger guilt, and may make you feel like you're saying goodbye all over again.

THE FIX

Ask someone who can be objective to help you organize these pieces into categories, then decide which you have room to keep, which to pass on to family and which to donate or sell. As you sort, remember that your loved one is not their stuff, and if you hold on to too much the items can feel like a burden. Your goal is to keep the most meaningful pieces and give them a place of honor on a shelf or side table so you can appreciate them. If letting go is still too difficult, take pictures and create a photo book that you can flip through from time to time.



“Papers and books have taken over my living areas. Help!”

DAPHNE MALLORY, Twin Falls, ID

WHY IT HAPPENS

It's easier to keep everything rather than take the time to sort through stuff as soon as it enters your house.

THE FIX

First, designate shelves for a mini library and use filing units to

store paperwork and bills—limit yourself to keeping only what can be contained neatly in that area. Then, work through one pile at a time, even if it's a stack a week, and ask yourself:

- Have I looked at the item in the last 12 months?

- Will I need to access it within the next year?
- Is it still useful?
- Is it difficult to replace?

If the answer is no or, more likely, “you never know,” toss it. If it's yes, file it in your new office area or scan it into your computer. Keep utility

bills, pay stubs and bank statements for a year and shred or delete anything older—except for tax returns, which you should keep for three or more years. Going forward, sign up for electronic statements to limit the influx of paper into your home.



“I have bins and bins of clothes that I keep planning to alter myself.”

MELINDA LEE-FLOREZ, New York City

WHY IT HAPPENS

It's tempting to hold on to items for a future DIY project, especially when it could save you from shelling out for something new. It also enables you to put off making decisions about what you actually need without feeling wasteful.

THE FIX

You don't want to keep something because you think you “should” be able to make it work. An item that requires too much of an overhaul should always be purged. And remember, just because you *can* do something doesn't always mean it's worth it. If you don't have the

budget to pay someone else to do the project for you and you are committed to tackling it yourself, pick a deadline and mark it in your calendar. Then, set manageable goals (and schedule reminders in your phone) within that time frame. If you find that your DIY project keeps getting pushed down the priority list and your deadline has come and gone, give yourself permission to get rid of the item. Doing so will release you from the guilt of having a lingering unfinished project on your hands, and it will free up some space in your home for something that can make you happy now.



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StainGuide



OxiClean[®] Versatile tackles over 101 different types of stains, is color safe and chlorine free.



Dirty Sports Uniforms

Pre-Soak Tough, Dried-In Stains!

Dissolve OxiClean[®] Versatile Stain Remover powder with warm water and soak item for 1-6 hours for superior stain removal!



Brighter Colors & Whiter Whites

Add a Scoop to Every Load!

Add OxiClean[®] Versatile Stain Remover to every load of laundry to boost your detergent's cleaning power!

- Helps to Prevent Colors from Fading
- Whites Get Whiter & Colors Stay Brighter
- Better Stain Removal



Muddy Canvas Shoes

Pre-Soak Tough, Dried-In Stains!

Dissolve OxiClean[®] Versatile Stain Remover powder with warm water and soak item for 1-6 hours for superior stain removal!

Refer to product label for specific directions.
©2015 Church & Dwight Co., Inc.



OxiClean[®] Gets the Tough Stains Out.

Visit us at YouTube.com/OxiClean



“I have generations’ worth of photos, letters and keepsakes to sort through.”

TINA CASSLER, St. Paul, MN

WHY IT HAPPENS

Figuring out which items from your ancestors are family heirlooms and which ones aren’t can be tricky. Plus, the task of storing and caring for historical documents can be overwhelming.

THE FIX Look to relatives at family gatherings to help you identify items so you can create an organizational system based on date, family members or both. In the meantime, follow these steps:

1. Scan photos and documents into your computer and save them to an external hard drive, or have a mail-away service like *scandigital.com* do it for you.
2. Preserve originals in a pretty acid-free album, folder or box (avoid sticky albums, paper clips, staples and glue,

which can damage items over time).

3. Place containers in a climate-controlled room away from water, food, light, heating vents and pets.

Your instinct might be to tuck everything into a closet, but storing keepsakes neatly on cabinet shelves makes them feel like mementos as opposed to an organizational hassle. But before you display a special letter or photo, note that sunlight and lamps can cause fading. Make a color photocopy to hang instead.



“I can’t park my car in the garage because it’s packed with boxes of old things.”

JULIE RUSTAD, Tucson, AZ

WHY IT HAPPENS

The garage (or basement or attic) is often the final frontier of clutter. We tend to store items there that we don’t really need in the house but we’re not quite ready to give up.

THE FIX Tackle the buildup one section at a time by doing 15 minutes of sorting every day, or dive into one box every Saturday. (It can help to open the windows or a door to get the stagnant air out and the energy flowing.) As you weed through things, take any rejects out of the house immediately. Watching your clutter disappear can inspire you to keep going, so making multiple trips to the curb or Goodwill is worth it. If you need more incentive, remind yourself that you’d rather have your garage protect your valuable

car (or your basement or attic be used as extra living space) than be a resting place for dingy old things. For the items you do keep, invest in overhead and wall storage racks so everything has a designated spot. But only buy a storage system *after* you’ve decided what’s staying. Otherwise you may find yourself keeping things just because you have room for them. You’ll have less space for future buildup too. If your shelves do fill up again, keep to this rule: You must ditch something old before you add something new.



SOURCES: Lorie Marrero, *Woman’s Day* contributing editor, creator of *ClutterDiet.com* and author of *The Home Office Handbook: Rules of Thumb for Organizing Your Time, Information, and Workspace*. Elspeth Bell, PhD, psychologist specializing in hoarding, clutter issues, anxiety and cognitive behavioral therapy. Dana Claudat, feng shui consultant and founder of *The Tao of Dana (fengshuidana.com)*.

TRIFEXIS®

(spinosad + milbemycin oxime)

Chewable Tablets

Before using TRIFEXIS chewable tablets, please consult the product insert, a summary of which follows:

Caution: Federal (USA) law restricts this drug to use by or on the order of a licensed veterinarian.

Indications:

TRIFEXIS is indicated for the prevention of heartworm disease (*Dirofilaria immitis*). TRIFEXIS kills fleas and is indicated for the prevention and treatment of flea infestations (*Ctenocephalides felis*), and the treatment and control of adult hookworm (*Ancylostoma caninum*), adult roundworm (*Toxocara canis* and *Toxascaris leonina*) and adult whipworm (*Trichuris vulpis*) infections in dogs and puppies 8 weeks of age or older and 5 pounds of body weight or greater.

Contraindications:

There are no known contraindications to the use of TRIFEXIS Chewable Tablets.

Warnings:

Not for human use. Keep this and all drugs out of the reach of children. Serious adverse reactions have been reported following concomitant extra-label use of ivermectin with spinosad alone, one of the components of TRIFEXIS Chewable Tablets (see ADVERSE REACTIONS).

Precautions:

Treatment with fewer than 3 monthly doses after the last exposure to mosquitoes may not provide complete heartworm prevention (see EFFECTIVENESS).

Prior to administration of TRIFEXIS, dogs should be tested for existing heartworm infection. At the discretion of the veterinarian, infected dogs should be treated with an adulticide to remove adult heartworms. TRIFEXIS is not effective against adult *Dirofilaria immitis*. While the number of circulating microfilariae may decrease following treatment, TRIFEXIS is not indicated for microfilariae clearance. Mild, transient hypersensitivity reactions manifested as labored respiration, vomiting, salivation and lethargy, have been noted in some dogs treated with milbemycin oxime carrying a high number of circulating microfilariae. These reactions are presumably caused by release of protein from dead or dying microfilariae. Use with caution in breeding females. The safe use of TRIFEXIS in breeding males has not been evaluated. Use with caution in dogs with pre-existing epilepsy. Puppies less than 14 weeks of age may experience a higher rate of vomiting.

Adverse Reactions:

In a well-controlled US field study, which included a total of 352 dogs (176 treated with TRIFEXIS chewable tablets and 176 treated with an active control), no serious adverse reactions were attributed to administration of TRIFEXIS chewable tablets. All reactions were regarded as mild.

In some cases, dogs vomited after receiving TRIFEXIS. To ensure heartworm prevention, observe your dog for one hour after administration. If vomiting occurs within an hour of administration, redose with another full dose. Reactions that occurred at an incidence >2% (average monthly rate) within any of the 6 months of observation are presented in the following table:

Adverse Reaction	TRIFEXIS Chewable Tablets*	Active Control Tablets*
Vomiting	6.13	3.08
Pruritus	4.00	4.91
Lethargy	2.63	1.54
Diarrhea	2.25	1.54

*n=176 dogs

In the US field study, one dog administered TRIFEXIS experienced a single mild seizure 2½ hours after receiving the second monthly dose. The dog remained enrolled and received four additional monthly doses after the event and completed the study without further incident.

Following concomitant extra-label use of ivermectin with spinosad alone, a component of TRIFEXIS, some dogs have experienced the following clinical signs: *trembling/twitching, salivation/drooling, seizures, ataxia, mydriasis, blindness and disorientation*. Spinosad alone has been shown to be safe when administered concurrently with heartworm preventatives at label directions.

In US and European field studies, no dogs experienced seizures when dosed with spinosad alone at the therapeutic dose range of 13.5-27.3 mg/lb (30-60 mg/kg), including 4 dogs with pre-existing epilepsy. Four epileptic dogs that received higher than the maximum recommended dose of 27.3 mg/lb (60 mg/kg) experienced at least one seizure within the week following the second dose of spinosad, but no seizures following the first and third doses. The cause of the seizures observed in the field studies could not be determined.

For technical assistance or to report an adverse drug reaction, call 1-888-545-5873. Additional information can be found at www.TRIFEXIS.com.

Post-Approval Experience (March 2012):

The following adverse reactions are based on post-approval adverse drug event reporting. The adverse reactions are listed in decreasing order of frequency: vomiting, depression/lethargy, pruritus, anorexia, diarrhea, trembling/shaking, ataxia, seizures, hypersalivation, and skin reddening.

Effectiveness:

Heartworm Prevention:

In a well-controlled laboratory study, TRIFEXIS was 100% effective against induced heartworm infections when administered for 3 consecutive monthly doses. Two consecutive monthly doses did not provide 100% effectiveness against heartworm infection. In another well-controlled laboratory study, a single dose of TRIFEXIS was 100% effective against induced heartworm infections. In a well-controlled six-month US field study conducted with TRIFEXIS, no dogs were positive for heartworm infection as determined by heartworm antigen testing performed at the end of the study and again three months later.

Flea Treatment and Prevention:

In a well-controlled laboratory study, TRIFEXIS demonstrated 100% effectiveness on the first day following treatment and 100% effectiveness on Day 30. In a well-controlled laboratory study, spinosad, a component of TRIFEXIS, began to kill fleas 30 minutes after administration and demonstrated 100% effectiveness within 4 hours. In field studies conducted in households with existing flea infestations of varying severity, flea reductions of 98.0% to 99.8% were observed over the course of 3 monthly treatments with spinosad alone. Dogs with signs of flea allergy dermatitis showed improvement in erythema, papules, scaling, alopecia, dermatitis/pyodermitis and pruritus as a direct result of eliminating the fleas.

Treatment and Control of Intestinal Nematode Infections:

In well-controlled laboratory studies, TRIFEXIS was ≥ 90% effective in removing naturally and experimentally induced adult roundworm, whipworm and hookworm infections.

NADA #141-321, Approved by the FDA

Manufactured for Elanco Animal Health
A Division of Eli Lilly & Co., Lilly Corporate Center, Indianapolis, IN 46285
Elanco and Trifexis are trademarks owned or licensed by Eli Lilly and Company, its subsidiaries or affiliates.

you PROTECT each other
COME
RAIN or SHINE



When you share a bond that's thicker than water,
you wouldn't trade it for the world. So protect your dog with Trifexis® (spinosad + milbemycin oxime). It's the monthly, beef-flavored tablet that kills fleas and prevents flea infestations, prevents heartworm disease and treats and controls hookworm, roundworm and whipworm infections. Available by prescription from your veterinarian.

SAVE \$25 on a year's supply when you visit Trifexis.com/rebate

IMPORTANT SAFETY INFORMATION: Serious adverse reactions have been reported following concomitant extra-label use of ivermectin with spinosad, one of the components of Trifexis. Treatment with fewer than three monthly doses after the last exposure to mosquitoes may not provide complete heartworm prevention. Prior to administration of Trifexis, dogs should be tested for existing heartworm infection. Use with caution in dogs with pre-existing epilepsy. The most common adverse reactions reported are vomiting, depression, and itching. To ensure heartworm prevention, observe your dog for one hour after administration. If vomiting occurs within an hour, redose with another full dose. Puppies less than 14 weeks of age may experience a higher rate of vomiting. For product information, see previous page.

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Clinton, what's the best way to deal with my giant pile of laundry?

LYDIA PHILLIPS, Washington, DC

For years, I kept my fondness for laundry a secret. I'd grumble along when anyone complained about the unwashed piles accumulating in their hamper. "Oh, yeah, laundry. Boo. Hiss," I'd say, too uncomfortable to admit that a basket of dirty clothes can provide me with hours of relaxation, not to mention a sense of accomplishment. But now I'm proud enough to tell the world: I love laundry! And I've pretty much perfected it. Here are some of my favorite tips to keep you looking great, save your sanity and help your clothes last longer.



CLINTON KELLY
WD's columnist is cohost of ABC's *The Chew*. Email him your home, food or style questions: WDfeatures@hearst.com.



Snap to watch Clinton folding a fitted sheet. Get the WD app, page 16.

STEP ONE: WAIT BEFORE YOU WASH

Wear your clothing more than once. Sure, something needs to be washed if it reeks to high heaven, but over the course of an average day, clean people don't get that smelly. Wearing your jeans at least twice before laundering them can save you a bundle on water and electric bills over the course of a year. Plus, Mother Nature will nod approvingly.

Take Special Care

- » Gently handwash sweaters in cold water with mild detergent and roll in towels to squeeze out excess moisture. Reshape and lay flat to dry.
- » Handwash or machine-wash bras in a lingerie bag. Don't machine-dry them—they'll get squished and your boobs will look wrinkly. Do you want that? Instead, reshape cups and lay flat.

STEP TWO: DIVIDE & CONQUER

I know the traditional method for sorting laundry is "lights" and "darks," but I prefer to divvy items into these two piles:

"Bad"

These clothes *really* need to be washed—anything that has come in direct contact with feet, private parts and/or extra-sweaty armpits. Kids' clothes would also fall into this category because, as far as I can tell, germs stick to them like glue (as do food, dirt and, well, glue). Sheets and towels go in here too, because of that private-parts thing. Some items in the "bad" pile, like white underwear, socks and towels, get washed in hot water with a bit of bleach and detergent. Darker colors can often be done in warm water—just be careful, obviously, of colors that might bleed.

"Eh, not so bad"

The items in this bin are ones that you feel you should wash out of some vague moral obligation and/or fear of judgment or B.O.—shirts you only wore once, jeans, casual pants, shorts, etc. Wash them all in cold water on a delicate cycle with half the recommended amount of detergent. Despite what your conscience might tell you, they're not that dirty! Hot water, excess detergent and unnecessarily vigorous washing will make your clothes fade and wear out earlier. Trust me on this one. I don't smell and I usually look fabulous.



Want more **CLINTON KELLY**? Watch him on ABC's *The Chew*, check out his book, *Freakin' Fabulous on a Budget*, or go to clintonkelly.com.

TURN LAUNDRY TIME INTO **TURBO TIME**



SAVE UP TO 25 MINUTES IN YOUR HIGH EFFICIENCY WASH CYCLE.

HE Turbo's Smart Suds™ collapse faster to save up to 25 minutes a wash in your high efficiency machine. Look for HE Turbo on Tide.

tide.com/he

*Based on co-marketing agreements.





BREAKFASTER.

Made with invigorating whole grains and real fruit
to help you move at the speed of morning.

THE BREAKFAST BAR



Your Style

Morning Shortcuts

Go ahead, sleep in! These timesaving picks make getting out the door a breeze.



» SLIP INTO YOUR JEWELRY

This clasp-free bangle is the only accessory you need, and it's a cinch to pop on. **Iridescent Jewel Cuff**, \$30 each; shopdesignspark.com



WEAR A ONE-STEP OUTFIT

Skip the does-this-go-together? problem and throw on a dress, like this versatile pick.

Striped Shift Dress, \$29.94; oldnavy.com (Sizes XS to XL)



Comes in 6 pretty shades!

» EASY-ON LIPSTICK

A unique case and flip-top lid let you apply lipcolor with just one hand. **Stiks Cosmetics Tangerine Lipstik**, \$20; stikscosmetics.com



» WIPE, DON'T WASH

Stash these face wipes in your bag to swipe away dirt and oil on the go. **ACURE Argan Oil Cleansing Towelettes**, \$6.99; target.com



« MOISTURIZE WHILE BATHING

Rub this cream over clean, wet skin, then rinse it away. Dry off and dash—your skin will stay hydrated.

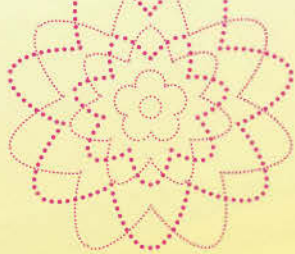
Nivea In-Shower Body Lotion, \$8; at drugstores



» SKIP THE HEELS

Step into a pair of strapless flats and you'll scoot even faster. **Open Toe Ballet Flats**, \$69; landsend.com





*These
affordable finds
will flatter your
figure and boost
your mood.*

CLOTHES
THAT MAKE
YOU
HAPPY,

PHOTOGRAPHED BY SUSAN PITTARD

and





CONFIDENT,



and COOL



Liz Claiborne Yellow Cocoon Jacket, \$90; jcpennney.com (Sizes S to XL). NinaGold Earrings, \$36; wedreamincolour.com. Pleat Front Ruffle Sleeve Shell, \$44.95; thelimited.com (Sizes XS to XXL). Cuff, \$38; baublebar.com. Rockstar Jeans Midrise Skinny Jeans, \$32; oldnavy.com (Sizes 0 to 20). Franco Sarto Whimsy shoes, \$89; nordstrom.com.

Cotton Jacquard Flower Field Sheath Dress, from \$159; talbots.com (Sizes 2 to 24)



Trigger Triangle Strand, \$24.99; shopprimadonna.com



Essie Nail Polish in Rock at the Top, \$8.50; essie.com



Canary Yellow Skirt, \$49; lulus.com (Sizes S to L)



Akina Kid Suede Flats, \$64.95; solesociety.com



DON'T DENY YOUR DRY EYES

It may surprise you that if you're experiencing any of these symptoms, you may have **Chronic Dry Eye disease**:

- ▶ **Dryness/itching**
- ▶ **Burning/stinging**
- ▶ **Feeling like something is in your eye**
- ▶ **Sensitivity to light**
- ▶ **Blurry vision**
- ▶ **Problems wearing contact lenses**
- ▶ **Watering eyes**

Chronic Dry Eye can limit your ability to perform daily activities that involve your eyes. Over time it can have potential consequences for your eyes—damage to the front surface of the eye, increased risk of infection, and effects on your vision. The good news is that treatment options are available.

TAKE ACTION NOW

- **SCHEDULE** a medical exam with your optometrist or ophthalmologist to see if you have Chronic Dry Eye. Don't wait.
- **GO TO mydryeyes.com, TAKE** a brief questionnaire eye doctors use to assess Chronic Dry Eye, and **SHOW** the results to your eye doctor.

My **DRY EYES**



Cotton Button Down Top, \$15.90; forever21.com (Sizes S to L). **Hanna Wrap Necklace**, \$86; wedreamincolour.com. **Bamboo Printed Compression Skirt**, \$105; lisette-l.com (Sizes 0 to 16). **Rock Crystal Bangle**, \$45.50; anntaylor.com. **Howlite & Stone Bangle**, \$49.50; anntaylor.com. On page 59: **Taylor Black/White Bag**, \$39.95; justfab.com. **Lace-Up Gladiator Wedges**, \$32.94; oldnavy.com.



View by Walter Baker Jacket with Faux Leather Quilted Sleeves, \$89; qvc.com (Sizes 0 to 28)



Black/White Faux Leather Bag, \$39; charmingcharlie.com



Ashton Black & White Wedge, \$125; whbm.com



Lipstick Plaid Tank, \$44.50; loft.com (Sizes XS to XL)



Palladio Beauty Matte Shadow Duo in Silhouette, \$7; palladiobeauty.com



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Merona Tailored Blazer in Uniform Blue Stripe, \$34.99; target.com (Sizes XS to XXL). **Mossimo Button Down**, \$22.99; target.com (Sizes XS to XXL). **Metaphor Wide Leg Pant**, \$48; sears.com (Sizes 2 to 18). **Skinny Burnished Buckle Faux Belt**, \$3.90; forever21.com. **L.L.Bean Signature Somerset Canvas Bucket Bag**, \$99; lbean.com. **Liz Claiborne Perforated Wedge with Bow Detail**, \$57.50; qvc.com.



¾ Sleeve Wrinkle Resistant Orange Maze Geo Button Shirt, from \$79.50; talbots.com (Sizes 2 to 24)



L'Oréal Paris Infallible Le Rouge Lipcolor in Ravishing Red, \$9.95; at drugstores

L.L.Bean Signature Poplin Dress, \$119; lbean.com (Sizes 0 to 16)



Ramsey Vegan Leather Bag in Navy, \$59.95; salesociety.com



Double Decker Linen Sneakers in Navy, \$50; keds.com

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WD's Bargain Huntress **Donna Duarte-Ladd** scours the stores for the most affordable looks.



Q I need a purse that won't dig into my shoulder. Help!

JILL HANSEN, Rogers, AR

A Try a backpack purse, like this **Faux Leather Drawstring Bag** (\$29.90; forever21.com). It'll distribute the weight across your body and keep your hands free. Just don't overfill it.

HAVE A STYLE QUESTION?

Email Donna at wdstyle@hearst.com

{Trend to try}

Peachy Pinks

Pick a top or accessory in this palette, then pair it with the neutrals (brown, white and beige) in your closet.

{Key piece}

Make a Statement

Reach for a colorful gem necklace when you want to liven up a plain collared shirt or V-neck blouse. It instantly dresses up your décolletage, which is a flattering look for everyone.

Susan Graver Candy Statement Necklace, \$36; qvc.com



Marcela Bracelet, \$39; chicos.com



I'm Free Floating Top, \$34.99; modcloth.com (Sizes S to 4X)

Flutter Sleeve Floral Blouse, \$36; jcpenney.com (Sizes S to XL)

Claim to Femme Blush Pink Purse, \$39; lulus.com



Lightweight V-Neck Sweater, \$24.94; oldnavy.com (Sizes XS to XXL)

AFFORDABLE SPRING SLIP-ONS

Before official pedicure season starts, I live in closed-toe flats. This year I have my eye on these **Stitched Faux Suede Moccasin Flats** (\$18.90; gojane.com), since they'll work with jeans, a skirt or a dress. Plus, at this price, I can buy them in two pretty colors!



Snap to buy the products on this page. Get the WD app, page 16.



RIGHT: SUSAN PITTARD/STUDIO D. HAIR & MAKEUP: GREGG HUBBARD WITH BA REPS. ON-SET STYLIST: BETIM BALAMAN. PANTS: ANN TAYLOR. SHOES: FRANCO SARTO THE ARTIST'S COLLECTION. STILL'S: EMILY KATE ROEMER/STUDIO D. DUARTE-LADD: MICHAEL WARING.

Beautiful Rug. Beautiful Story.



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TIME-TESTED BEAUTY SECRETS

Readers share the get-gorgeous recipes their moms and sisters swear by.

SECRET #1

**Radiance-
Boosting
Facial Mask**



“My mother did a weekly treatment to keep her skin looking fresh, and now I use it too. I love how it gently exfoliates while hydrating at the same time.”

STEPHANIE AHEARN, Ludlow, MA

HER RECIPE Mix 1 Tbsp baking soda with 1 tsp honey. Add a few drops of water to create a paste. Apply the mask and leave on for 5 minutes, then rinse.

Expert Approved!

“It’s a great idea to use baking soda to gently exfoliate and absorb excess oil,” says Audrey Kunin, MD, a dermatologist in Kansas City, MO, and creator of DERMAdoctor skincare. “The addition of honey will help moisturize and protect your skin.”

WD

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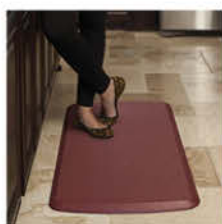
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TIME-TESTED Beauty Secrets



SECRET #2

Age-Defying Hand Treatment

“My mom lived well into her 80s and always had young-looking hands. Our family secret is kelp.”

ELIZABETH GEIGER, Lakeland, FL

HER RECIPE

Mix 1 tsp kelp powder (find it on amazon.com) with 1 Tbsp honey and 1 Tbsp plain yogurt and apply to the back of hands (works great on your décolletage, too!). Leave the mixture on for up to 10 minutes, then wipe away with a warm, damp cloth.

Expert Approved!

“This makes total sense because these ingredients work really well together to temporarily plump skin and reduce the veiny appearance of mature hands,” says Dr. Kunin. “Plus, yogurt contains lactic acid, which exfoliates and brightens.”

SECRET #3

Skin-Softening Body Scrub



“My big sister’s sugar scrub is the reason for our silky-smooth skin!”

KATIE RYAN, Dumont, NJ

HER RECIPE

Mix 2 Tbsp olive oil with 2 Tbsp sugar or salt. Add a few drops of almond or vanilla extract for a sweet smell. On damp skin, rub the scrub on in circular motions and concentrate on your roughest parts (like knees or elbows), then rinse.

Expert Approved!

“Katie, your sister is on to something! The sugar or salt will physically remove the dead skin cells that can dull skin and cause it to feel rough,” says Dr. Kunin. “When using a natural scrub, gently rub, and don’t use it too frequently or sensitive skin can become irritated.”



SECRET #4

Hair- Thickening Rinse



“To keep hair looking full, my mother would whip up a batch of clove water. Today I use this brew to thicken my hair and boost vibrancy.”

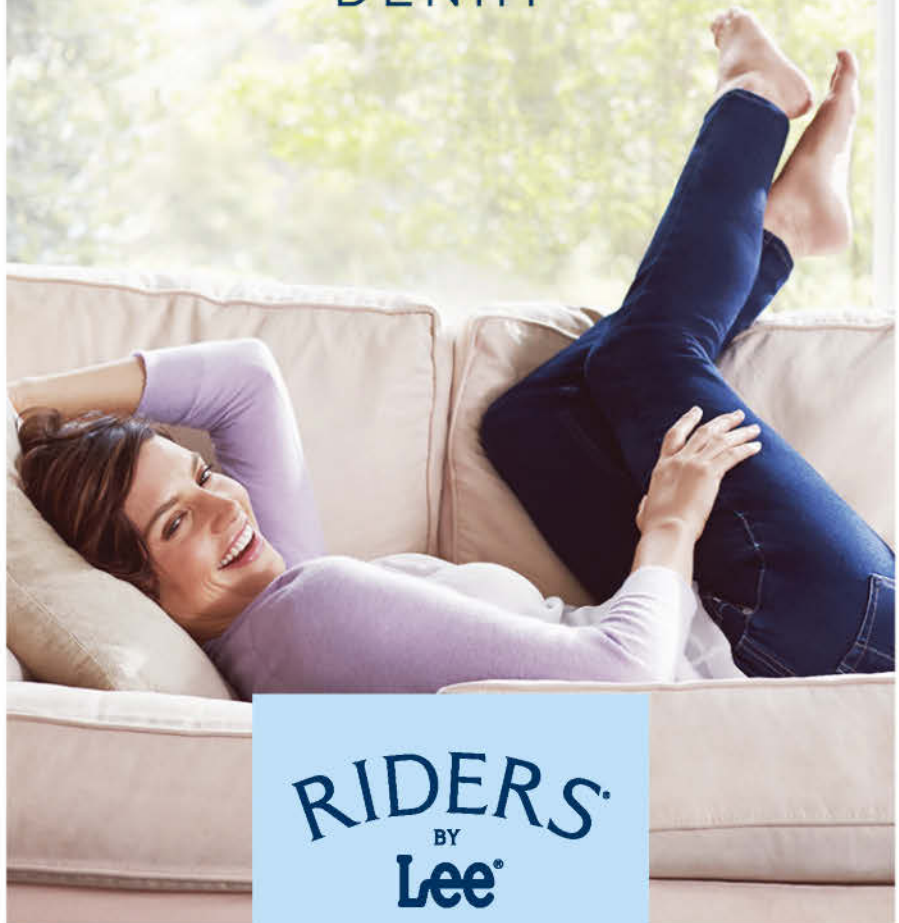
MARIDEL SALOMON, McKinney, TX

HER RECIPE Bring 1 cup water to a boil, then add 2 Tbsp whole cloves. Boil for 5 minutes and turn off the heat. Let the clove water rest overnight and strain twice in the morning. Put the liquid in a container and pour over strands before conditioning. Try this once a week.

Expert Approved!

“It’s worth a shot since cloves do contain eugenol, which helps protect your strands from environmental pollutants. This rinse will have a slight hue and might even temporarily enhance the color of brown and dark blond hair. But keep in mind, even if cloves make your hair look thicker, they won’t stop the thinning process,” says celebrity colorist Rita Hazan.

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Beauty Scout

Editor **Melissa Matthews Brown** shares the latest products, plus expert tips and tricks.

Q I have no time for facials, so what's the best way to deal with blackheads at home?

AMY OWENS, Cranford, NJ



A Keep your bathroom stocked with easy-to-use Bioré strips. They're my favorite treatment for quickly unclogging pores. Try the new version: **Bioré Deep Cleansing Charcoal Pore Strips** (\$6.50; at drugstores), which use charcoal powder to minimize a shiny T-zone.

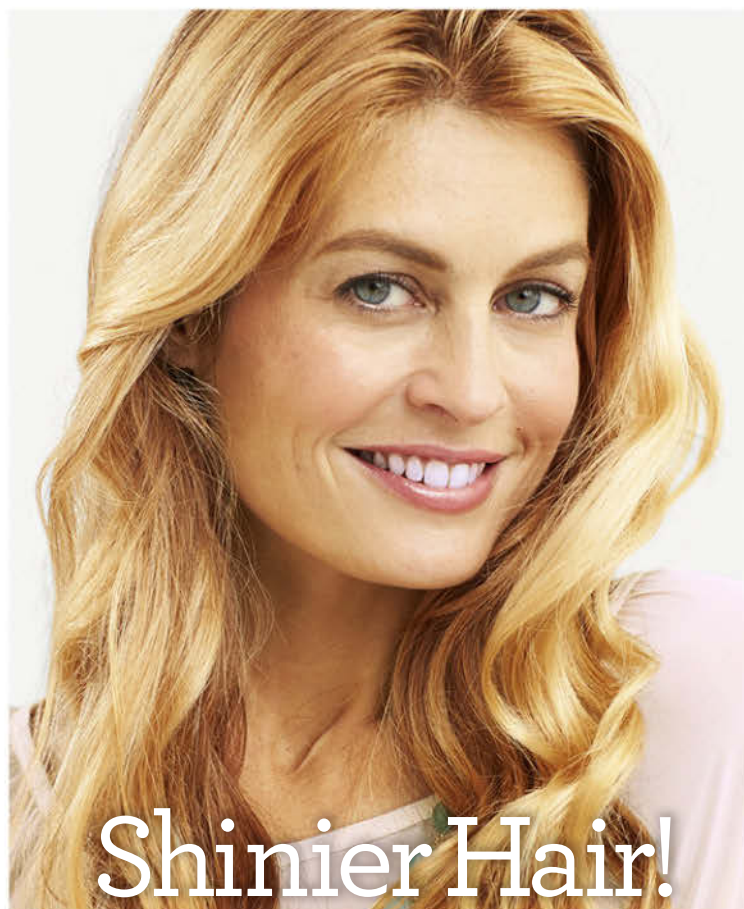
HAVE A BEAUTY QUESTION?

Email Melissa at wdstyle@hears.com

{Smart buy}

Makeup That Lasts

Lip and cheek stains can be intimidating—some just don't glide on smoothly and then you end up rubbing too hard, making cheeks overly flushed. The **Jane Iredale Forever Peach Just Kissed Lip and Cheek Stain** (\$25; janeiredale.com) has avocado oil so it goes on with ease. But what's really great is that the high-tech formula reacts to your skin's pH level and adjusts to the right shade of coral for you. This one's a keeper.



Shinier Hair!

These new products add radiance, smooth frizz and boost volume.

Your biggest hair concern

THE FIX

HOW IT WORKS

BLAH COLOR



Pantene Pro-V Color Revival CC Shine Spray, \$5; at drugstores

Use this glycerin-infused spray to hydrate your hair before you blow-dry, or spritz it on after styling to enhance your color's radiance.

MAJOR FRIZZ



Suave Professionals Luxe Style Infusion Smoothing Light Weight Weather Proof Cream, \$4.99; at drugstores

Apply this lotion from roots to tips to flatten the cuticle, creating a shield between your hair and humidity that will prevent flyaways for up to 72 hours.

LIMP STRANDS



Ken Paves You Are Beautiful Volumizing Whip, \$16; at Walmart stores

This cream-like foam is formulated with polymers that penetrate each hair fiber to thicken it and bring back bounce.

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Defying GRAVITY

Give your skin a lift with these simple expert tips and products. Just look what they did for this WD reader!

What's happening

"After you turn 30, you start to lose volume from your face every year, which means cheeks will begin to sink, temples will hollow out and your jawline will droop a bit," says Jeanine Downie, MD, a dermatologist in Montclair, NJ. But you can fight back! Here are three easy ways to give your face a boost.



BEFORE

AFTER

Estelle Schmones, 64,
New York City

Three steps to a younger-looking face

Maintain Slather on a moisturizer that's formulated with SPF 30 or higher. You'll be keeping skin hydrated while protecting it from the collagen-busting effects of the sun.

Try: Nuance Salma Hayek Age Affirm Firming Day Cream with SPF 30, \$20; cvs.com



WD PICK

Treat Hyaluronic acid (a compound in your skin that binds collagen with elastin, the glue that keeps skin firm) breaks down with age. Apply a product containing the acid to help restore moisture. Try: L'Oréal Paris Revitalift Daily Volumizing Concentrated Serum, \$24.99; at drugstores



WD PICK

Contour Use matte bronzer to define and lift your cheeks. Here's how: Smile wide and sweep blush across the apples of your cheeks. Then brush bronzer directly underneath and blend. Try: Pixi by Petra Quick Fix Bronzer, \$20; pixibeauty.com



WD PICK



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Cookbook

Little Devils

Look who's coming for Easter!
These adorable, edible egg chicks will
be the stars of the celebration.

Recipe, page 138



COST
PER EGG

34¢

Good Food on a Budget

Woman's Day takes on your most vexing mealtime challenges. Supper is solved!

THE PROBLEM

“I want to cook my family healthy meals, but whenever I do, my grocery bill doubles.”

MARY PASTOREK, Cleveland

THE SOLUTION



“There’s room for nutrition in a tight budget,” says Kate Merker, WD’s food and nutrition director. You just need to know what to look for at the supermarket and how to stretch those items over the course of a week.

Quinoa as a complex protein

Quinoa is one of the only plant foods that’s a complete protein. It’s packed full of magnesium and iron, which help boost your immunity and increase energy levels, and it’s gluten-free. To save money at dinnertime, use the quick-cooking grain in place of meat.

Make a quinoa salad:

1 cup quinoa (cooked) + 3 Tbsp each olive oil and lemon juice + ½ cup chopped parsley + 1 can chickpeas + roasted peppers + onions + broccoli

✓ White quinoa:
80¢ per serving
(2½ oz uncooked)

vs.

✗ Boneless pork
chops: \$2.56 per
serving (6 oz)

**You save: \$1.76
per serving**



Use less meat

Meat is often the most expensive item on your plate, so make “meat lite” your mantra to keep your wallet full.

- » If your recipe calls for ground beef or turkey, try subbing half the meat with inexpensive legumes like **lentils**. A low-cost source of protein, lentils will leave you feeling fuller longer.
- » Play with the ratio of meat to **vegetables**. For a simple stir-fry, a good rule of thumb for a family of four is 12 oz chicken to 4 cups vegetables.

✓ **Lentils:** 42¢ per serving (6 oz)

vs.

✗ **Lean ground beef:** \$1.42 per serving (6 oz)

You save: \$1.00 per serving

Cook with eggs

Eggs are one of the cheapest and healthiest foods around. For just 16¢ each (a quarter of the price of the same amount of chicken), you get a low-calorie food that contains all nine essential amino acids. Eight eggs feed a family of four for dinner at just \$1.28, but a similar amount of chicken costs \$6. Try eggs hard-boiled and grated into a salad or baked in a skillet with olives and tomatoes.

✓ **Eggs:** 32¢ per serving (2 eggs)

vs.

✗ **Boneless, skinless chicken breast:** \$1.51 per serving (6 oz)

You save: \$1.19 per serving

Buy frozen seafood

Most of the fish at the seafood counter has been previously frozen (sometimes more than once, causing it to lose flavor and texture). Rather than walking to the counter, head to the freezer section, where you'll find the same product for nearly half the price—and it's actually fresher because it's frozen immediately after being caught. Frozen seafood is less expensive, often tastes better and is a great source of heart-healthy fatty acids.

✓ **Frozen peeled and deveined shrimp:** \$6.74 per pound

vs.

✗ **Fresh peeled and deveined shrimp:** \$12.65 per pound

You save: \$5.91 per pound



**Brown Shuga
Soul Food**



Chunk-N-Chip



..... Road to SUCCESS

For these women, the food truck scene is about more than tasty dishes—it's the journey of a lifetime.

BY TRACY SAELINGER ♦ PHOTOGRAPHED BY DAVE LAURIDSEN



*Southern Salt
Food Co.*

Food trucks are popping up across the country, and they all seem to have one thing in common: passionate owners with a runaway obsession for, say, brownies, tacos, mac 'n' cheese—you name it. Not long ago, the dreams of many of these aspiring chefs would have gone unrealized—opening a full-blown restaurant costs a fortune, after all. But with relatively low start-up costs, food trucks have created a whole new way for cooks to begin small businesses of their own. Three successful women owners share how they overcame many obstacles to launch thriving new careers on the road.



SAUCE
IT UP

Just a touch of liquid smoke makes this sauce irresistible. Look for brands with only two ingredients: water and smoke.

**Brown Shuga
barbecue chicken**

TURN TO PAGE 138 FOR THE RECIPE.

Brown Shuga Soul Food

Yvonne Anderson-Thomas, Boise, ID

After 20 years of marriage, at the age of 43, Yvonne Anderson-Thomas found herself in free fall: Her husband filed for divorce and she hadn't completed her nursing degree. To make ends meet, she started selling baked goods at food festivals, drawing on her past experience running a bakery. However, at the festivals, she realized the savory food people were making all the money. So she decided to sell smoked turkey legs, an old family favorite. After seeing her initial success, a generous friend loaned her several thousand dollars to buy a truck.

Today, Yvonne has two trucks that focus on her best recipes. "It's Southern cuisine in the African-American tradition, the kind of food we'd have at Grandma's for Sunday dinner," she says. "I want to bring people that kind of memory."





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Southern Salt Food Co.

Lauren McCants, Little Rock, AR

Lauren McCants had always wanted to own a restaurant, and she thought she was on her way when she began selling smoked ribs from a smoker on the street. But she ran into issues with the city's strict street-food laws, so the single mom took a job as a cook in a restaurant, holding on to hope that she could resurrect her dream. "I needed to figure out how to have a food truck—and do it right this time," she says.

She was eventually able to save up enough of her own money and use a small-bank loan to buy this truck, which she's used to dish out a cross between Southern comfort and Asian cuisine since 2013. And if things continue to go well, she'll soon also be able to open up the restaurant of her dreams.

Cuban Reuben

ACTIVE 55 MIN ♦ TOTAL 8 HR 55 MIN ♦ SERVES 6
COST PER SERVING \$1.99

- | | |
|---------------------------------------------------|----------------------------------------------------------|
| 1 4-lb bone-in pork butt | 1 small parsnip, peeled, cored and cut into 2-in. pieces |
| 3 cloves garlic, sliced | 1 28-oz can whole tomatoes |
| 2 Tbsp brown sugar | 3 to 4 cups low-sodium chicken broth |
| 2 Tbsp chili powder | 2 cups sauerkraut |
| 1½ tsp cayenne pepper | 1 to 2 Tbsp sriracha |
| Kosher salt and pepper | 2 Tbsp olive oil |
| 1 medium carrot, peeled and cut into 2-in. pieces | 12 slices rye bread, toasted |
| 1 medium onion, thinly sliced | 6 slices provolone |
| 1 celery stalk, chopped | Pickles and mustard, for serving |

1 Score the pork fat into diamonds. Turn the pork fat-side down, cut small slits into the meat and slide a garlic slice into each slit. In a medium bowl, combine the brown sugar, chili powder, cayenne, 2 Tbsp salt and 1½ tsp pepper. Sprinkle the rub all over the pork.

2 Place the carrot, onion, celery and parsnip in the bottom of a 5- to 6-qt. slow cooker and place the pork, fat-side down, on top of the vegetables. Add the tomatoes (and their juices), then add enough broth to just barely cover the pork. Cover and cook on low until very tender, 7 to 8 hours.

3 Transfer the pork and vegetables to a bowl. Remove and discard the fat and bone. Using 2 forks, shred the meat and vegetables, mixing to combine. Cover the pork-vegetable mixture with the cooking liquid and refrigerate overnight.

4 When ready to serve, in a medium bowl, combine the sauerkraut and sriracha. Skim off and discard any fat that has risen to the top of the bowl of the pork mixture. Heat 1 Tbsp oil in a cast-iron skillet over high heat. Using a slotted spoon, transfer half the pork mixture to the skillet and cook until just starting to crisp around the edges of the pork, 5 to 7 minutes.



Repeat with the remaining Tbsp oil and pork mixture.

5 Move the second batch of pork to one side of the skillet, add the sauerkraut to the other side and cook until warm and beginning to char, 4 to 5 minutes. Assemble sandwiches with the rye bread, pork, provolone, sauerkraut, pickles and mustard, if desired.

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Chunk-N-Chip

Claudia Gonzalez
Santa Ana, CA

Every family has a dessert they look forward to at gatherings—for Claudia Gonzalez, it was her sister's chocolate chip cookies. The ultra-chewy treats are so good that friends were begging her to bake them for business clients and events. With the blessing of her sister, Claudia began selling ice cream sandwiches made with them at farmers' markets.

Wanting to make something more of her success, she ran the numbers but didn't have enough money to open a bakery. So she applied for a loan to buy a food truck. Her ice cream sandwiches were such a hit that earlier this year, Claudia opened up a storefront. But don't worry, her truck still roams the streets with some of the most inventive desserts in the area on board.



MAKE & FREEZE
Freeze cookie dough balls for up to 3 months. Bake from frozen, adding 5 to 10 minutes to the baking time.

Red velvet cookies

ACTIVE 30 MIN ♦ TOTAL 50 MIN ♦ MAKES 16 COOKIES ♦ COST PER COOKIE 29¢

- | | |
|--------------------------------------------------------|----------------------------|
| 3½ cups all-purpose flour | 1 cup granulated sugar |
| 2 Tbsp cocoa powder | 1 large egg |
| ½ tsp baking powder | 1 Tbsp olive oil |
| ½ tsp baking soda | 2 tsp apple cider vinegar |
| ½ tsp kosher salt | 2 Tbsp whole milk |
| ¾ cup (1½ sticks) unsalted butter, at room temperature | 1 tsp pure vanilla extract |
| ⅓ cup dark brown sugar | 2 tsp red food coloring |

- Heat oven to 350°F and line 2 baking sheets with parchment paper. In a large bowl, combine the flour, cocoa powder, baking powder, baking soda and salt.
- Using an electric mixer, beat the butter and sugars in a large bowl until light and fluffy, about 3 minutes. Beat in the egg, then add the olive oil, vinegar, milk, vanilla and food coloring and mix to combine.
- Reduce the mixer speed to low and add the flour mixture in two additions, mixing just until combined.
- Spoon the batter (about ¼ cup per cookie) onto the prepared baking sheets, spacing them 2 in. apart. Bake until just set, 18 to 20 minutes. Transfer parchment and cookies to wire racks to cool.

PER COOKIE 92 CAL, 6 G FAT (2 G SAT FAT), 16 MG CHOL, 21 MG SOD, 2 G PRO, 10 G CAR, 0 G FIBER



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A Sparkling Musical Masterpiece for Her!

- ♥ Fully mirrored music box, hand-crafted of beveled glass with etching on four sides
- ♥ Heart-shaped charm on pale blue ribbon can be personalized **FREE**
- ♥ Etched with a beautiful scroll design sprinkled with stars and the sentiment: "My Granddaughter, I Love You to the Moon and Back"
- ♥ Half-moon on the lid sparkles with crystals and features a delicate hanging heart with center crystal

This limited-edition music box is an exquisite work of art and a sparkling expression of love for your dear granddaughter. Hand-crafted of mirrored beveled glass with an enchanting scrolled design sprinkled with an abundance of sweet stars, it boasts a silvery heart charm that can be personalized with the name of your choice—FREE of charge. The charm is tied on a soft blue ribbon to a half-moon handle that sparkles with crystals and is embellished with a dangling heart whose center is yet another crystal. This exclusive treasure plays "You Are So Beautiful" and comes with a poem card especially for her.

Great value; limited time only!

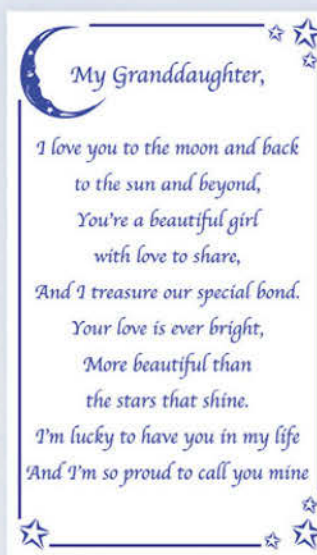
Order now at only \$59.99*, payable in three installments of \$19.99. Our 365-day money-back guarantee assures your 100% satisfaction. Availability is limited and strong demand is likely. Don't miss out! Send no money now. Just return the coupon today, and be sure to indicate the name you'd like engraved on the charm!



*Includes a heart-shaped charm on a pale blue ribbon that can be personalized **FREE** with your granddaughter's name*



A delicate heart with a twinkling gem center dangles gracefully from the glittering half-moon handle



Includes a poem card

www.bradfordexchange.com/21375

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Granddaughter, I Love You to the Moon

Personalized Music Box



Plays the Melody
"You Are So Beautiful"

FREE
Personalization



Music box an endearing
3¾" L x 3½" H

Customize the
heart shaped charm
with her name



*Plus a total of \$9.99 shipping and service per box. A limited-edition presentation restricted to 95 firing days. Please allow 4-8 weeks for delivery. All sales are subject to product availability and order acceptance.

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Name (Limit of 10 letters per name.)

Mrs. Mr. Ms.

Name (Please Print Clearly)

Address

City

State

Zip

Email (optional)

1. _____
2. _____
3. _____
4. _____

01-21375-001-E93291

Fast & Healthy Dinners

Delicious 20-minute meals you'll feel great about eating.

Cauliflower couscous with paprika shrimp

ACTIVE 20 MIN ♦ TOTAL 20 MIN ♦ SERVES 4 ♦ COST PER SERVING \$3.75

- 1 medium head cauliflower (about 1½ lbs)
- 3 Tbsp olive oil
- ½ cup dried apricots (or 3 fresh), roughly chopped
- Kosher salt and pepper
- 2 Tbsp fresh lemon juice
- 20 large shrimp, peeled and deveined
- 1 tsp paprika
- ½ seedless cucumber, cut into ½-in. pieces
- ¼ cup fresh mint leaves, roughly chopped

1 Remove and discard any leaves from the cauliflower. Thinly slice the head and place it in the bowl of a food processor. Roughly chop the thick stems and add them to the food processor. Pulse the cauliflower until it is finely chopped and resembles couscous (re-pulse any big pieces separately, if necessary).

2 Heat 1 Tbsp oil in a large skillet over medium heat. Add the cauliflower, apricots and ½ tsp each salt and pepper and cook, covered, stirring occasionally, until the cauliflower is

beginning to soften, 2 to 3 minutes. Transfer to a large bowl and toss with the lemon juice and 1 Tbsp oil.

3 Wipe out the skillet and heat the remaining Tbsp oil over medium heat. Season the shrimp with paprika and ¼ tsp salt. Working in batches, cook the shrimp until opaque throughout, 1 to 2 minutes per side.

4 Add the cucumber and mint to the cauliflower and toss to combine. Serve with the shrimp.

PER SERVING 273 CAL, 10 G FAT (1 G SAT FAT), 108 MG CHOL, 990 MG SOD, 26 G PRO, 19 G CAR, 2 G FIBER

WHY IT'S GOOD FOR YOU

Dried apricot

is full of beta-carotene, an antioxidant that may strengthen your immune system and helps keep your skin healthy.

WHY IT'S GOOD FOR YOU

Cauliflower

is rich in glucosinolates, a type of nutrient that may help prevent cancer. Plus, this vegetable contains vitamin C and fiber, both of which work to lower blood pressure and balance your mood.





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Weeknight Dinners

Tasty, family-pleasing recipes that don't take a lot of time, effort or ingredients.

COMFORT FOOD

Steak sandwich with blue cheese and sweet-and-sour tomatoes

ACTIVE 15 MIN ♦ TOTAL 20 MIN ♦ SERVES 4 ♦ COST PER SERVING \$3.62

- 1 lb sirloin steak, trimmed
- Kosher salt and pepper
- 1 pint grape tomatoes, halved
- 2 Tbsp golden raisins, chopped
- 2 Tbsp cider vinegar
- 1 Tbsp brown sugar
- Pinch of allspice
- 1 scallion, thinly sliced
- 8 slices country bread, toasted if desired
- 2 cups watercress or arugula
- 2 oz blue cheese, crumbled

1 Heat broiler. Line a large rimmed baking sheet with nonstick foil. Season the steak with ½ tsp each salt and pepper and broil to desired doneness, 3 to 4 minutes per side for medium-rare. Transfer to a cutting board and let rest at least 5 minutes before slicing.

2 Meanwhile, in a small saucepan, make the chutney: Combine the tomatoes, raisins, vinegar, brown sugar, allspice and ¼ tsp each salt and pepper. Bring to a simmer, squishing and stirring the tomatoes occasionally, until they have broken down and the mixture has slightly thickened, 8 to 10 minutes. Remove from heat and fold in the scallion.

3 Form sandwiches with the bread, chutney, steak, watercress and blue cheese.

PER SERVING 412 CAL, 12 G FAT (4 G SAT FAT), 84 MG CHOL, 875 MG SOD, 33 G PRO, 38 G CAR, 2 G FIBER

◆◆◆◆◆
COOK'S TIP
Double the batch of chutney and refrigerate for up to 5 days. Serve on burgers, seared fish, chicken or grilled cheese.

◆◆◆◆◆



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New Finds

"I'm always looking for ways to save time and space in the kitchen," says Woman's Day Senior Web Editor **Meredith Bodgas**. Here are four items that make cooking and cleaning a cinch.

MULTIPURPOSE MUST-HAVE

No more packed-to-the-gills drawers of single-use gadgets. This vase holds a cheese grater, egg separator, lemon squeezer and more when it isn't holding flowers. *Bin Akebono All-in-One Kitchen Tool Set, \$40, momastore.org*

BETTER-SMELLING SPONGES

The secret to odor-free sponges is in this specially designed caddy. It zaps bacteria while keeping the sponge out of your way. *SpongeBath Sponge Cleaner, \$29.99-\$34.99, spongebath.com*

EDIBLE FUN

On those rainy April days, cure cabin fever with one of these food crafting kits. Choose a bakery-caliber treat, place your order and all the ingredients and accessories you need to make it will arrive at your doorstep. *Foodstirs Cooking Kits, \$29.99 each, foodstirs.com*

SUPER SPOON

Even nesting measuring spoons aren't as fuss-free as this compact one, which lets you slide to the desired quantity. And yes, it's dishwasher-safe. *Adjustable Measuring Tablespoon, \$7.95, williams-sonoma.com*

A MESSAGE FROM

CHEVROLET EQUINOX

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**STAY AHEAD
OF WHAT LIES AHEAD.**



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◆◆◆◆◆
SWITCH IT UP
Instead of cod, try
the mustard and bread
crumb topping on
roasted pork, lamb
chops or chicken
breasts.
◆◆◆◆◆



COST PER
SERVING
\$2.27

EASY ENTERTAINING

Crispy cod with pan-fried potatoes and peas ♥

ACTIVE 25 MIN ♦ TOTAL 25 MIN ♦ SERVES 4

- 1 Tbsp Dijon mustard
- 1 Tbsp whole-grain mustard
- ½ cup panko bread crumbs
- ¼ cup fresh tarragon leaves,
roughly chopped
- 3 Tbsp olive oil
- 1 lb small new potatoes
(about 16), quartered
- 4 6-oz pieces cod fillet
(about 1 in. thick each)
- Kosher salt and pepper
- 3 Tbsp cider vinegar
- 1 cup frozen peas, thawed

- 1** Heat oven to 425°F and line a broiler-proof rimmed baking sheet with nonstick foil. In a bowl, combine the mustards. In a second bowl, combine the panko, half the tarragon (about 1 Tbsp) and 1 Tbsp oil.
- 2** Heat the remaining 2 Tbsp oil in a large skillet over medium heat. Add the potatoes to the pan, cover and cook, tossing occasionally, until golden brown and tender, 12 to 14 minutes.
- 3** Meanwhile, place the fish on the prepared baking sheet. Spread the mustard mixture on top of the fish then

sprinkle with the bread crumb mixture, pressing gently to adhere. Roast until the fish is opaque throughout, 10 to 12 minutes. Increase heat to broil and broil until golden brown, 1 minute.

- 4** Uncover the skillet, drizzle the vinegar over the potatoes and toss to coat evenly. Add the peas and cook until heated through, about 2 minutes. Remove from the heat and toss with the remaining tarragon. Serve with the fish.

PER SERVING 376 CAL, 11 G FAT (1 G SAT FAT), 64 MG CHOL, 490 MG SOD, 32 G PRO, 33 G CAR, 3 G FIBER

COST PER
SERVING
\$2.29

**SLOW COOKER****Spring chicken with egg noodles**

ACTIVE 25 MIN ♦ TOTAL 4 HR 25 MIN OR 6 HR 25 MIN ♦ SERVES 4

- 4 slices thick-cut bacon (about 6 oz)
- ½ cup dry white wine
- ¼ cup flour
- 1 Tbsp tomato paste
- Kosher salt and pepper
- 1 cup low-sodium chicken broth
- 3 medium carrots, cut into 2-in. pieces
- 1 cup frozen pearl onions
- 3 cloves garlic, peeled and smashed
- 3 sprigs fresh tarragon, plus more for serving
- 4 chicken legs, split (4 drumsticks, 4 thighs; about 2½ lbs), skin removed
- 8 oz egg noodles

1 Microwave the bacon between sheets of paper towels until light golden brown but not crispy, 4 to 6 minutes. Once cool, cut into 1-in. pieces.

2 In a 5- to 6-qt slow cooker, whisk together the wine, flour, tomato paste, ½ tsp salt and ¼ tsp pepper. Gradually whisk in the chicken broth. Add the carrots, onions, garlic, tarragon and bacon and mix to combine.

3 Add the chicken to the slow cooker, meat side down, nestling it in the vegetable mixture. Cook, covered, until the chicken is cooked through, 3 to 4 hours on high or 5 to 6 hours on low.

4 During the last 20 minutes of cooking, cook the egg noodles according to package directions. Serve with the chicken and sprinkle with chopped tarragon, if desired.

PER SERVING 371 CAL, 13 G FAT (3 G SAT FAT), 177 MG CHOL, 710 MG SOD, 42 G PRO, 16 G CAR, 2 G FIBER

♦♦♦♦♦

**IDEAS FOR
LEFTOVERS**

Make chicken pot pie: Shred extra chicken, discarding the bones, and cut the vegetables into small pieces. Combine the chicken-veggie mixture with cream (1 Tbsp cream for every cup of mixture) and transfer to a casserole dish. Top with a refrigerated rolled pie crust and bake at 400°F until golden brown, 25 minutes.

♦♦♦♦♦

Want to help protect the climate? Use energy more efficiently. When you use less energy, fewer greenhouse gases are released. EPA's ENERGY STAR® is the simple choice for saving energy at home and at work. For the most comprehensive energy-saving information that works best for you, visit **energystar.gov**.



ANGIE HAHN,
WOUNDED VETERAN



**SHE FOUGHT FOR HER COUNTRY,
IT'S OUR DUTY TO FIGHT FOR HER.**

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UNDER 400 CALORIES

Sweet and smoky pork tenderloin with pineapple and peppers ♥

ACTIVE 20 MIN ♦ TOTAL 35 MIN ♦ SERVES 4

- | | |
|-------------------------------------------------|--------------------------------------------|
| 2 red peppers, each cut into 8 pieces | 1 Tbsp honey |
| 2 small red onions, cut into ½-in.-thick wedges | ¼ tsp chipotle chili powder |
| ½ pineapple, cored and cut into 1-in. chunks | 2 small pork tenderloins (about ¾ lb each) |
| 3 Tbsp olive oil | Kosher salt and pepper |
| ¼ cup ketchup | 1 Tbsp fresh lime juice (from ½ lime) |
| | ½ cup cilantro |

- Heat oven to 425°F. On a rimmed baking sheet, toss the peppers, onions and pineapple with 2 Tbsp oil. Transfer half of the vegetable mixture to a second rimmed baking sheet and roast for 10 minutes.
- Meanwhile, in a small bowl, combine the ketchup, honey and chili powder; set aside. Heat the remaining Tbsp oil in a large skillet over medium-high heat. Season the pork with ¼ tsp each salt and pepper and cook, turning occasionally, until browned on all sides, 6 to 8 minutes total.
- Nestle the pork among the vegetables. Spoon half the ketchup mixture (about 1 Tbsp) over the pork and roast until an instant-read thermometer registers 145°F, 15 to 18 minutes. Transfer the pork to a cutting board and spoon the remaining ketchup mixture over the top. Let rest at least 5 minutes before slicing.
- Toss the vegetables with the lime juice and cilantro and serve with the pork.

PER SERVING 380 CAL, 13 G FAT (2 G SAT FAT), 89 MG CHOL, 357 MG SOD, 33 G PRO, 31 G CAR, 2 G FIBER

◆◆◆◆◆
IDEAS FOR LEFTOVERS

Make fried rice! Cut the vegetables and pork into smaller pieces and stir-fry until heated through. Add 1½ cups cooked rice, then scramble a couple of eggs into the mixture. Sprinkle with sliced scallions.

COST PER
SERVING
\$2.25



COST PER
SERVING
\$1.90

VEGETARIAN

Broccoli and Cheddar rollups

ACTIVE 15 MIN ♦ TOTAL 35 MIN ♦ SERVES 4

- | | |
|-----------------------------------------------------|-------------------------------------------|
| 6 oz broccoli crowns, thinly sliced (about 2¼ cups) | 6 oz extra-sharp Cheddar, coarsely grated |
| ½ medium onion, thinly sliced | Flour, for the work surface |
| ¼ cup fresh flat-leaf parsley | 1 lb pizza dough, thawed if frozen |
| 2 Tbsp olive oil | 2 Tbsp Dijon mustard |
| Kosher salt and pepper | Green salad, for serving |

- Heat oven to 425°F. Line a large rimmed baking sheet with parchment paper.
- In a large bowl, combine the broccoli, onion, parsley, 1 Tbsp oil and ¼ tsp each salt and pepper. Fold in the cheese.
- On a lightly floured work surface, shape the pizza dough into a 14-in. circle, spread with the mustard and cut into 8 triangles. Divide the broccoli mixture among the triangles (about ⅓ cup per triangle). Starting at the wide end, roll dough around the filling.
- Transfer rollups to the prepared baking sheet, brush with the remaining Tbsp oil and bake until golden brown, 20 to 22 minutes. Serve with a salad, if desired.

PER SERVING 534 CAL, 19 G FAT (7 G SAT FAT), 45 MG CHOL, 1,033 MG SOD, 16 G PRO, 54 G CAR, 3 G FIBER

◆◆◆◆◆
MAKE AHEAD

Let the rollups cool, wrap in foil and freeze in a resealable plastic bag for up to 1 month. Cook from frozen at 425°F until heated through, 15 minutes.

◆◆◆◆◆



Snap for a
shopping list.
Get the WD
app, page 16.

What's for Dinner?

Make a delicious, nutritious meal every night of the week.



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

GET THESE RECIPES!

For all of this month's recipes, go to womansday.com/menus

1



Broccoli & Cheddar rollups p. 97

2



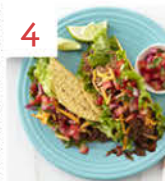
Coconut chicken curry

3



Crispy cod with pan-fried potatoes & peas p. 93 ♥

4



Zesty beef tacos

5



EASTER
Orange-red pepper jelly glazed ham, p. 38

6



Basic macaroni & cheese

7



Passover matzo ball soup ♥

8



Beef, mushroom & green bean stir-fry

9



Cajun shrimp, spinach & grits

10



Ham & pimiento grilled cheese

11



Hearty bean burrito bowl ♥

12



Smoked chicken legs, p. 138

13



Steak sandwich with blue cheese & sweet & sour tomatoes, p. 92

14



Blackened salmon soft tacos

15



Bangers & mash

16



Cheesy stuffed peppers with white beans

17



Sticky broiled chicken with cabbage slaw

18



Slow cooker beef & sausage meatballs

19



Quick braised red cabbage & lentils with seared cod ♥

20



Sweet & smoky pork tenderloin with pineapple & peppers, p. 97 ♥

21



Vegetable & three-cheese stuffed shells

22



Baked chicken cordon bleu

23



Flank steak, tomatoes & white beans

24



Corn & clam chowder

25



Spinach & pepperoni stuffed deep dish pizza

26



Southwestern hash & fried eggs

27



Slow cooker spring chicken with egg noodles p. 94

28



Steak with potatoes, tomatoes & herb butter

29



Cauliflower couscous with paprika shrimp p. 90

30



Cuban Reuben p. 84



Snap for a shopping list. Get the WD app, page 16.



TASTE SO BIG

WE HAD TO

MAKE THEM SMALL



INGREDIENTS:

1 pkg. Jimmy Dean® Regular Flavor Pork Sausage Roll

1 cup fresh chopped mushrooms
1/2 cup chopped green bell pepper
10 eggs
1/4 cup milk
1/4 teaspoon ground black pepper
1 cup (4 ounces) shredded cheddar cheese
1/2 cup sliced green onions

DIRECTIONS:

1. **PREHEAT** oven to 350°F. Cook sausage, mushrooms and bell pepper in large skillet over medium-high heat 8-10 min. or until sausage is thoroughly cooked, stirring frequently; drain.
2. **BEAT** eggs, milk and black pepper in large bowl with wire whisk until well blended. Stir in sausage mixture, cheese and green onion. Line cupcake pans with 16 baking liners. Spoon mixture evenly into baking cups.
3. **BAKE** 18-22 min. or until toothpick inserted in center comes out clean. Let stand 5 min. before serving.

PREP TIME: 15 min.

BAKE TIME: 22 min.

COOK'S TIP: Use parchment paper for cupcake liners.

TRY OUR HEARTY SAUSAGE MINI QUICHE-- IF ANYONE ASKS, WE WON'T MIND IF YOU CALL IT YOUR OWN.

☁️ HOW OFTEN DOES ☁️
DOING THE RIGHT THING
TASTE SO GOOD? 🌱



Thai Peanut Stir Fry with NEW Garden Veggie Nuggets

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WORLD ORDERED™

Healthy You



{Sleep better tonight}

Rest Right

Adjusting your sleep position can help prevent pain and other problems from keeping you up at night.

» **If you have back pain....**

sleep on your back. This position relieves aches from arthritis or spinal stenosis (narrowing of spinal column). But if a herniated disk is the issue, snooze on your stomach. This pulls the disk away from the nerve.

» **If you snore or have sleep apnea....**

sleep on your side. This will prevent your tongue from obstructing your airway. To avoid rolling over, sew small pockets onto the front and back of your pj top and insert tennis balls.

» **If you have heartburn....**

sleep at a slight angle. To do this, put the legs at the head of your bed onto 2" blocks. Gravity will keep stomach acids from rising up into your esophagus (and causing reflux) while you snooze.

SOURCES: Joyce Walsleben, PhD, associate professor, department of medicine, Sleep Disorders Center, New York University School of Medicine. Alan Hilibrand, MD, spokesperson, American Academy of Orthopaedic Surgeons.

Q What's the best time of day to book a doctor's appointment?

A Morning. A new study published in the *Journal of the American Medical Association* found that you're more likely to be prescribed antibiotics for minor issues like the common cold at the end of the day—even if you don't need them. Physicians can become fatigued late in the afternoon and may give you the meds as a quick way to ease concern. So, try for an early a.m. slot and ask your doc for alternate treatments if you don't think you need antibiotics.

SOURCE: Jeffrey Linder, MD, study author and associate professor, Harvard Medical School



BETTER
HEALTH
FOR
JUST \$12



The Pivotal Living activity app and its accompanying tracker (pivotalliving.com) provide easy-to-understand updates on steps, calories burned, length of sleep, and more. Best of all, it costs just \$12 for an annual membership, which includes the band.

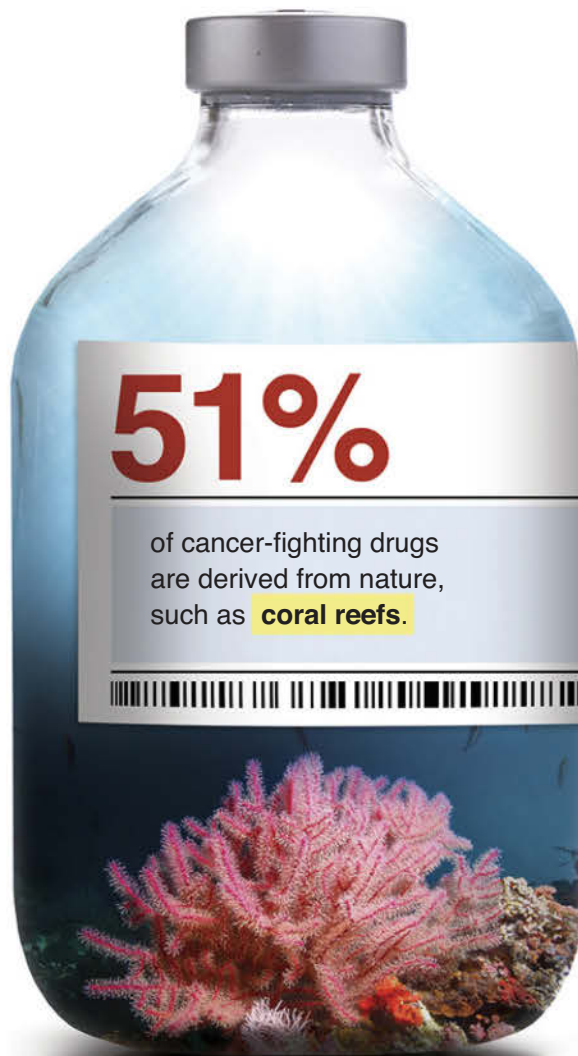


TRACKER TIP
Wear the device on your nondominant wrist to lower the chance that the band will confuse arm movement (like applying makeup) with exercise.

60%

That's how much your risk for a heart attack or a stroke increases if you have asthma severe enough to need daily medication, says research from the University of Wisconsin-Madison School of Medicine and Public Health. The spike may be due to chronic inflammation that can come with asthma. If you experience unusual chest discomfort, call 911 ASAP to rule out the possibility of a cardiovascular emergency. ❤

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SLIM DOWN, **PERK UP**

An exciting side effect of losing weight? More energy! This two-step plan will help you achieve both goals.

The dishes in this plan strategically combine complex carbs for steadily released energy, lean protein to keep you satisfied and healthy fats for a powerful anti-inflammatory boost. Pick one breakfast, one lunch, one dinner and one snack per day (and then repeat your favorite meals!). In two weeks, you can lose up to 8 pounds, says plan creator and *Woman's Day* contributing editor Marissa Lippert, RDN, founder of Nourish Kitchen & Table restaurant in New York City.

Step 1

EAT-SMART MEALS



BREAKFAST

» Mango-banana smoothie

Blend ½ cup diced frozen mango + ¼ avocado + ½ banana + 1 cup unsweetened almond or coconut milk + 1 tsp maple syrup + 2 tsp hemp seeds.

» Ricotta bowl

Top ¼ cup fresh whole-milk ricotta with ½ cup sliced strawberries + 1 Tbsp toasted sliced almonds + ½ tsp grated lemon zest + 1 tsp honey.



» Almond butter toast

Spread 1 Tbsp almond butter on 1 slice toasted multigrain bread. Arrange ½ pear (sliced) over top and drizzle with 1 tsp honey + a pinch of chia seeds.

» Overnight oats with dried figs

Soak ½ cup rolled oats in 1 cup unsweetened almond milk + a pinch of cardamom + a pinch of cinnamon + ½ tsp maple syrup. Refrigerate overnight. To serve, top with 3 tsp chopped dried figs + 2 tsp toasted pumpkin seeds.

» Avocado & egg

Drizzle ½ peeled avocado with ½ tsp sesame oil. Sprinkle with a pinch of sesame seeds + 1 tsp minced cilantro + a spritz of fresh lime juice. Top with 1 poached egg.

LUNCH

» Spinach salad with chicken

Toss 2 cups baby spinach with 1 Tbsp dried cherries + 1 tsp sunflower seeds. Top with 3 oz grilled chicken breast. Whisk together 1 tsp white wine vinegar + ½ tsp Dijon mustard + 1 Tbsp extra-virgin olive oil + 1 tsp minced tarragon for dressing.

» Soba noodle salad

Combine 1 cup cooked soba noodles + ½ cup shredded red cabbage + 1 Tbsp chopped scallions + a sprinkle of sesame seeds + ½ cup cooked edamame + ½ cup sliced carrots + 1 Tbsp toasted almonds. Whisk together ½ tsp toasted sesame oil + ½ tsp low-sodium soy sauce + ½ tsp rice wine vinegar + 2 tsp canola oil + ½ tsp grated garlic + a pinch of red pepper flakes for dressing.



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**The Original
Mane 'n Tail**

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SLIM DOWN, *Perk Up*



» **Steak Caesar**

Whisk together 1 Tbsp extra-virgin olive oil + ½ tsp grated garlic + 1 tsp lemon juice + a dash of Worcestershire sauce. Toss together 3 cups romaine + 2 Tbsp toasted chopped walnuts + ¼ red onion (thinly sliced) + ½ tsp lemon zest + 1 Tbsp grated Romano cheese. Top with 3 oz grilled flank steak and drizzle with the dressing.

» **Hummus sandwich**

Spread 2 Tbsp hummus on 1 slice toasted 100% whole-grain bread. Top with 3 oz fresh roasted turkey + ¼ cup sliced mushrooms sautéed in 2 tsp olive oil + 2 tsp fresh thyme leaves.

» **Mediterranean tuna salad**

Combine 3 oz tuna in oil with 1 tsp chopped capers + ¼ cup diced apple + 1 Tbsp chopped red onion + ½ tsp red wine vinegar + ¼ tsp Dijon mustard + 1 tsp olive oil. Serve with 1 cup cucumber wedges + 3 rye crisps (like Wasa Crisps).

DINNER

» **Shrimp noodles**

Marinate 4 oz peeled and deveined shrimp in 2 tsp agave + 2 Tbsp orange juice + a pinch of red pepper flakes. Grill 2 to 3 minutes on each side. Serve with 1 cup cooked rice noodles tossed with

2 Tbsp each fresh cilantro and mint + ½ cup sliced carrots + ½ cup shredded cabbage + ½ cup thinly sliced red bell pepper. Toss with 2 tsp rice wine vinegar + 1 tsp lime juice + ½ tsp grated ginger + ½ tsp grated garlic + a drizzle of agave.

» **Salmon & citrus salsa**

Place 4 oz wild salmon in a roasting pan topped with 1 Tbsp chopped Kalamata olives + 1 Tbsp chopped red onion + 2 Tbsp chopped citrus fruit. Roast at 375°F for 20 minutes or until flaky. Serve with 1½ cups green beans sautéed with 1 Tbsp olive oil + 2 Tbsp sliced shallots.



» **Mushroom chicken**

Rub 1 bone-in, skin-on chicken breast with 1 tsp olive oil + 2 tsp each fresh thyme and tarragon + juice of ½ lemon. Roast at 425°F for 20 to 25 minutes until golden and skin is crispy. Serve with small red new potatoes.

PEP-UP PESTO

This mix, which makes about four servings, contains several ingredients that can give you an added energy boost. Use it on meat dishes and salads.

HOW TO: Blend ½ cup parsley + 2 Tbsp fresh sage + ½ cup toasted pumpkin seeds + 2 tsp honey + a pinch of cayenne pepper + ½ minced clove garlic + 1 Tbsp chopped scallion + ¼ cup olive oil + salt and pepper to taste.

(cut into wedges) + 1 cup sliced mushrooms roasted with 1 Tbsp olive oil + 1 tsp each fresh thyme and rosemary until tender, 25 to 30 minutes.

» Lemon-roasted cod

Rub 4 oz cod with a pinch each of ground cumin and coriander and top with 3 or 4 lemon slices. Roast at 375°F until opaque throughout, 12 to 15 minutes. Cook ¾ cup whole-wheat bulgur and toss with 1 Tbsp chopped cashews + 1 tsp olive oil. Serve with 2 cups spinach sautéed in 2 tsp olive oil.

» Dijon pork chop

Sear 1 small bone-in pork chop in olive oil until brown, 4 minutes per side. Top with 2 Tbsp Dijon mustard + ½ tsp ground fennel seeds + 1 minced clove garlic. Transfer skillet to oven and roast at 400°F for 10 minutes. Serve with 1 cup sliced carrots + ½ red onion (cut into wedges) roasted at 400°F until tender, 25 minutes. Toss roasted vegetables with pepitas before serving.

SMALL EATS & SWEETS

Spice up your snack repertoire with these delicious combinations.

CHOCOLATE PROTEIN BLAST

Mix 4 oz plain Greek yogurt with ½ cup fresh raspberries + 2 tsp grated dark chocolate.

CASHEW MIX

Toss ¼ cup cashews with 1 tsp brown sugar + 1 tsp water + a pinch of sea salt + ½ tsp curry powder. Toast at 325°F for 10 to 15 minutes; toss with 2 Tbsp dried cherries.

NUTTY BANANAS

Cut 1 medium banana into 1" pieces. Dip lightly in melted dark chocolate and roll in sesame seeds, then place on a piece of parchment paper; freeze until firm, 10 to 15 minutes.

TROPICAL TREAT

Thinly slice ½ mango; sprinkle with ½ tsp lime zest + 1 Tbsp toasted coconut flakes.

HEALTHY GUACAMOLE

Mash ½ avocado with a pinch of ground cumin + a squeeze of lime juice + 1 Tbsp chopped cilantro + salt to taste. Serve with ½ red bell pepper cut into thin strips.



BONUS!
Visit womansday.com/energymeals to find more recipes that will rev you up and slim you down.



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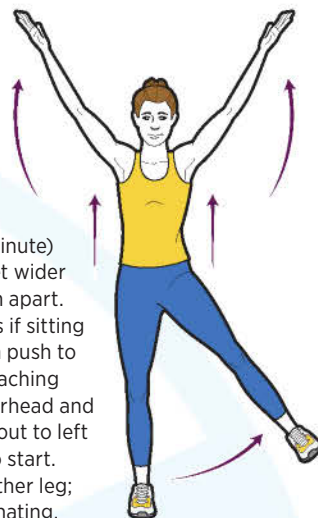
START YOUR
20-MINUTE
ROUTINE HERE



TAP BACK ROTATION (1 minute)
Stand with feet hip-width apart, arms extended, hands clasped. Step left leg back into a lunge (keep right knee over right ankle). Rotate torso to right, keeping hands in front of chest. Step forward to return to start. Repeat on other leg; continue alternating.

WALK BRISKLY
(1 minute)

Stand with shoulders over hips and chest lifted. "Brace" abs by imagining a corset around your midsection. Pump your arms forward and back, rather than across your body. (Repeat this for all walking intervals.)



X SQUAT (1 minute)
Stand with feet wider than hip-width apart. Squat down as if sitting in a chair, then push to stand while reaching both arms overhead and lifting left leg out to left side. Return to start. Repeat with other leg; continue alternating.

Step 2
WALK OFF
FATIGUE

Studies show that exercise helps fight weariness, and just a few minutes of movement can do the trick. This plan combines walking bursts with strength moves to tone, burn calories and increase energy. Do it 3 times a week.

BY ALYSSA SHAFFER

WALK BRISKLY
(5 minutes)

GOALPOST PRESS

(1 minute)
Stand with feet hip-width apart, arms up and out to the sides, elbows bent with palms facing forward ("goalpost" position). Press arms overhead, keeping biceps close to ears, then pull back to goalpost. Repeat.



WALK BRISKLY
(4 minutes)

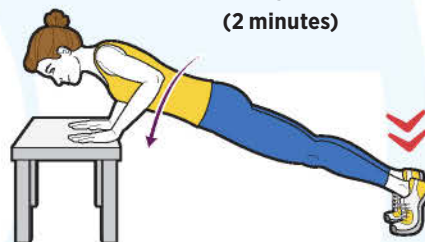
HIP HINGE (1 minute)

Stand with feet hip-width apart, arms at sides. Hinge forward and lift right leg behind you while reaching right hand toward left foot. Return to start and repeat on other leg; continue alternating.



BENCH PUSH-UPS (1 minute)

Place hands on edge of a bench and walk feet back until body is in a straight line. Bend elbows, lowering chest toward the bench. Push back to start. Repeat, doing as many reps as you can.



WALK BRISKLY
(3 minutes)

TAP INTO THE POWER OF PEPPERMINT

The minty scent has been shown to stimulate areas of the brain associated with alertness, finds research. (The smell of cinnamon has a similar effect.) Although gums, lozenges and mints can help, you'll get an even bigger benefit with essential oil (starting at \$3.75; amazon.com).

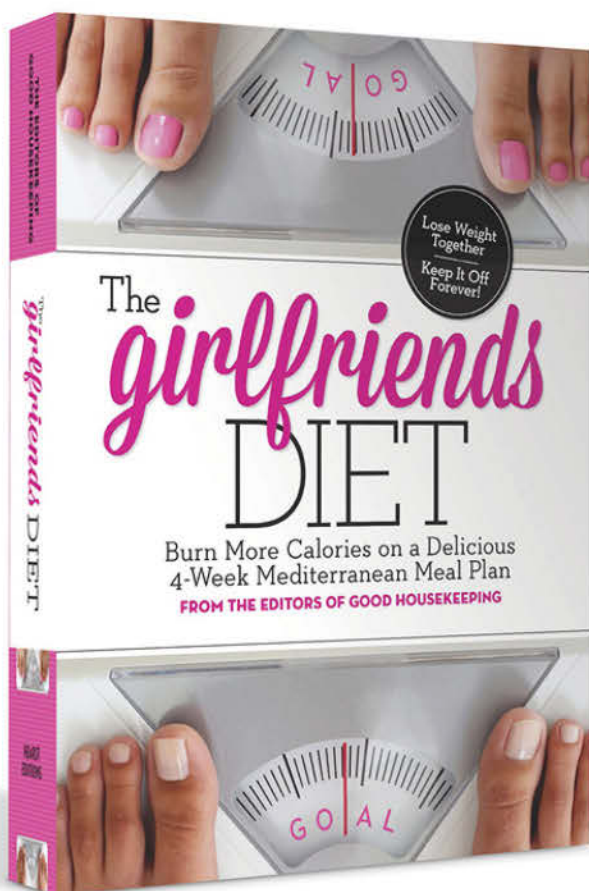
Three smart ways to get a boost:

- » Use an oil diffuser to spread the scent at home.
- » Dab a small amount on your wrists and temples (stop immediately if this irritates your skin).
- » Keep a small jar in your purse and take a whiff whenever you need an invigorating jolt.

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Decipher Food Labels

Deciding what to put in your shopping cart can be confusing—but it's not just you! Many phrases on food labels are deceptively similar, which makes it tough to select the healthiest item. Use this easy guide to start shopping smarter.

BY LIZ KRIEGER



LOW SODIUM VS. REDUCED SODIUM

YOUR BEST BET: “Low sodium,” which indicates no more than 140 mg of sodium per serving. By contrast, the term “reduced sodium” is relative: It means that a product has 25% less salt than the original version (but may still be teeming with sodium).

SLEUTH SECRET: “Light in sodium” is another tricky one—it means that the sodium has been reduced by 50%. That may sound healthy, but the truth is, the product (for instance, light sodium soy sauce) could have very high sodium levels.

FYI: Try to limit your sodium intake to between 1,500 and 2,300 mg a day for optimal health (2,300 mg is equivalent to 1 tsp of salt). As a reference, a typical can of soup can start at around 500 mg.

SUGAR-FREE VS. NO SUGAR ADDED

YOUR BEST BET: “No sugar added” by a nose. The term can be used if no sugar was put in during processing; however, natural sugars in foods like fruit (fructose) or milk (lactose) may be present. On the other hand, the label “sugar-free” means that there must be less than 0.5 g of sugar per serving. Trouble is, if you have a few servings of something with 0.5 g, like juice, it adds up quickly.

SLEUTH SECRET: Both sugar-free and no-sugar-added products can include artificial sweeteners (like aspartame) and sugar alcohols (xylitol). If you're avoiding those additives, pay close attention to the ingredients list.

FYI: Alternate terms “less sugar” and “reduced sugar” can be used when there is at least 25% less sugar than in the standard item.



WHOLE WHEAT VS. WHOLE GRAIN

YOUR BEST BET: Neither. If the term doesn't have “100%” in front of it, it doesn't mean much. Manufacturers can call a product “whole wheat” even if it's 99% white with a bit of whole wheat. Same goes for “whole-grain” products.

SLEUTH SECRET: Always look for “100%,” whether on the front label or the ingredient list. Also, keep your eye out for the 100% Whole Grain Stamp from the Whole Grains Council, which backs up the claim.

FYI: Another great option is “sprouted grain,” which is high in protein and vitamin B, as well as naturally 100% whole grain.

SOURCES: Carolyn Brown, RD, nutritionist with Foodtrainers. Nicole Silber, RD, nutritionist in private practice in New York City.

How Old Is Your Heart?

Take this quick quiz to gauge your heart-disease risk—and find out how to lower your odds.

BY GINA ROBERTS-GREY

Just as spending too much time in the sun can make your skin look older, poor habits—such as eating too much junk food and not exercising—can actually cause your heart to age faster than the rest of your body. And that increases your chance of cardiovascular disease. The good news: You can slow—or even reverse—the aging process in your ticker. To find out your heart's age, take this simple quiz. Then, use the result as a jumping-off point to discuss with your doctor how you can better your health.

ULTIMATE GOAL:
A heart age that's 5 to 10 years younger than your chronological age.



Change your number

Regardless of how many years you've actually lived, an "old" heart is often identified by plaque buildup that restricts blood flow or hardens arteries. If you reduce the plaque, you can take as much as a decade off your heart's age. To do so, aim to eat 30 g of fiber daily (good sources are vegetables, beans, nuts, seeds, berries, apples and citrus fruits), exercise regularly, maintain a healthy weight and avoid cigarettes.

1 Take note of nutrition labels for a day (or look up the information at calorieking.com). How many grams of fiber did you eat?

- A** At least 30 g
- B** About 20 g
- C** Fiber...what's that?

2 When it comes to smoking, you:

- A** Are a nonsmoker and live in a smoke-free home
- B** Don't light up yourself but live with someone who smokes
- C** Smoke, whether occasionally or regularly

3 How many minutes of physical activity do you rack up?

- A** 30 minutes or more at least three times a week
- B** Less than 30 minutes a couple of days a week
- C** I don't exercise

4 Which of the following describes how your doctor might assess your weight?

- A** Your weight is healthy
- B** You're overweight
- C** You're obese or have a BMI of 30 or higher

CALCULATE YOUR HEART AGE

1. **START** with your current age
2. **SUBTRACT 3 years** for every **A** answer
3. **ADD 2 years** for every **B** answer
4. **ADD 5 years** for every **C** answer

SOURCE: Steven Masley, MD, fellow, American Heart Association, and author, *The 30-Day Heart Tune-Up*



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Food for Thought

Boost your memory all day with these five eats, recommended by health expert and nutritionist Joy Bauer, RDN.

AT BREAKFAST:

Sprinkle unsweetened cocoa powder into your oatmeal.

Why: People who consumed a drink high in cocoa powder once a day performed better on a memory test after three months than those who drank a version low in cocoa, according to a Columbia University Medical Center study. Experts speculate that the nutrients in cocoa may promote the growth of dendrites, which are nerve cells that receive messages in the brain.

LATE MORNING:

Sip coffee.

Why: Research published in the journal *NeuroImage* found that brain activity increased in the area responsible for memory after participants consumed roughly the amount of caffeine in two cups of coffee. Volunteers who didn't get a caffeine fix, on the other hand, experienced no change. And the effect might be even more pronounced over the long term. In another study, adults who drank multiple cups of joe per day stayed sharper longer than nondrinkers over a 10-year period.

AT LUNCH:

Toss berries into your salad.

Why: One of the most antioxidant-rich fruits, berries are filled with anthocyanins and flavonols, two plant compounds that may help prevent the breakdown of brain cells. Research from Harvard University found that women who ate at least one cup of blueberries and strawberries per week experienced a delay in mental decline (by two and a half years!) compared with women who bypassed berries. Try topping your salad with strawberries, goat cheese and a light vinaigrette.

SNACK:

Sprinkle chia seeds on yogurt.

Why: These little seeds are a rich source of plant-based omega-3 fats, which help support the part of the brain that enables neurons to conduct signals and communicate with other cells.

AT DINNER:

Serve sautéed leafy greens as a side dish. ♥

Why: Spinach, kale, collard greens and mustard greens are stellar sources of mind-protective phytonutrients as well as folate, a B vitamin. Folate lowers the levels of homocysteine, an amino acid that has been linked to memory loss (as well as a higher risk for heart disease). In one Australian study, women who ate a folate-rich diet showed overall improvements in memory after just five weeks.

Pick protein

Research shows that protein activates the section of your brain that keeps you alert and focused, so eat some before you head into your next interview or big meeting. Great sources: Greek yogurt, cottage cheese, lentils, eggs, seafood and poultry.

JOY BAUER, MS, RDN, is the founder of Nourish Snacks (nourishsnacks.com), a new line of healthy and delicious snacks, and the health/nutrition expert for NBC's *TODAY* show.

Sweet raisins and tart cranberries.

Together at last.

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APRIL SWEEPSTAKES

NO PURCHASE NECESSARY TO ENTER OR WIN. Sponsored by Hearst Communications, Inc. Two (2) ways to enter: (i) Online Entries: Visit womansday.com/giveaways, and complete and submit the entry form pursuant to the on-screen instructions; or (ii) Wireless Entries: Download the Woman's Day Access WD app by visiting the iTunes App Store, Amazon Marketplace or Google Play. Then use your Internet-enabled mobile phone to scan any of the Digimarc-enhanced Woman's Day icons for the sweepstakes you wish to enter and fully complete and submit the Official Entry Form presented. PLEASE NOTE THAT YOUR ENTRY WILL NOT BE COMPLETED UNTIL YOU HAVE COMPLETED THE OFFICIAL ENTRY FORM AND ENTERED YOUR CONTACT INFORMATION. Important Notice: You may be charged for visiting the mobile website in accordance with the terms of your service agreement with your carrier. Must be 21 years or older and a legal resident of the 50 United States, the District of Columbia or Canada (excluding Quebec). Void in Puerto Rico and where prohibited by law. Sweepstakes subject to complete official rules available at womansday.com/giveaways.

APRIL BUNNY SWEEPSTAKES (page 8)

Enter beginning 12:01 a.m. (ET) March 3, 2015, through 11:59 p.m. (ET) on April 3, 2015. Go to womansday.com/bunnies and complete and submit the entry form pursuant to the on-screen instructions. PLEASE NOTE THAT YOUR ENTRY WILL NOT BE COMPLETED UNTIL YOU HAVE COMPLETED THE OFFICIAL ENTRY FORM AND ENTERED YOUR CONTACT INFORMATION. Five (5) winners will receive \$1,000. (ARV: \$1,000. Total ARV: \$5,000.) Odds of winning will depend upon the total number of eligible entries received. Open to the legal residents of the 50 United States and the District of Columbia who have reached 21 years of age in their state or territory of residence at time of entry. Void in Canada

and Puerto Rico and where prohibited by law. Sweepstakes subject to complete official rules available at womansday.com/bunnies.

WIN IT SWEEPSTAKES (page 16)

Enter beginning 12:01 a.m. (ET) on March 7, 2015, through 11:59 p.m. (ET) on May 7, 2015, for the **Caldrea** Sweepstakes; between March 6, 2015, at 12:01 a.m. (ET) through May 6, 2015, at 11:59 p.m. (ET) for the **Kirkland's** Sweepstakes; between March 5, 2015, at 12:01 a.m. (ET) through May 5, 2015, at 11:59 p.m. (ET) for the **Hoover** Sweepstakes; between March 4, 2015, at 12:01 a.m. (ET) through May 4, 2015, at 11:59 p.m. (ET) for the **Casabella** Sweepstakes; and between March 3, 2015, at 12:01 a.m. (ET) through May 3, 2015, at 11:59 p.m. (ET) for the **Bed Bath & Beyond** Sweepstakes. Winners will receive prizes ranging from \$32.97 to \$599.99.

BULLETIN BOARD SWEEPSTAKES (page 123)

Enter beginning 12:01 a.m. (ET) March 2, 2015, through 11:59 p.m. (ET) on May 2, 2015. One (1) Winner will receive a trip for four to the **Manchester Grand Hyatt** in downtown San Diego for four nights, including daily breakfast and four tickets to the San Diego Zoo Safari Park. (Total ARV: \$1,520.) TRANSPORTATION NOT PROVIDED.

RECIPE MAKEOVER SWEEPSTAKES (page 140)

There are two (2) ways to enter March 2, 2015, at 12:01 a.m. (ET) through April 2, 2015, at 11:59 p.m. (ET): (i) Go to womansday.com/makeover, vote for the recipe you would like to be reinvented and complete and submit the entry form pursuant to the on-screen instructions; or (ii) Wireless Entries: Download the Woman's Day Access WD app by visiting the App Store, Amazon Marketplace or Google Play. Then use your Internet-enabled mobile phone to scan the appropriate Digimarc-enhanced Woman's Day icon, vote for the recipe you would like to be reinvented and complete and submit the entry form pursuant to the on-screen instructions. PLEASE NOTE THAT YOUR ENTRY

WILL NOT BE COMPLETED UNTIL YOU HAVE COMPLETED THE OFFICIAL ENTRY FORM AND ENTERED YOUR CONTACT INFORMATION. One (1) Winner will receive \$250 and a copy of **Woman's Day Easy Everyday Dinners**. (ARV: \$16.95. Total ARV: \$266.95.) Important Notice: You may be charged for visiting the mobile website in accordance with the terms of your service agreement with your carrier. Odds of winning will depend upon the total number of eligible entries received. Must be 21 years or older and be a legal resident of the 50 United States, the District of Columbia or Canada (excluding Quebec). Void in Puerto Rico and where prohibited by law. Sweepstakes subject to complete official rules available at womansday.com/makeover.

SHOPPER'S GUIDE

PROJECT DECLUTTER FAMILY ROOM MAKEOVER (continued from page 44):

All items donated by **Wayfair**, at wayfair.com: Safavieh Alicia Chair (\$379.95), Precious Silver Rug (\$597.72 for 8' x 10'), Nesting Table 3 Piece Set (\$150.99), Aspen Parsons Chair, set of 2 (\$238.99) and Sunbright Table Lamp (\$114.99). InnerSpace Luxury Products Barrel Side Table (\$133.99). Birch Lane Lola Curtain Panel (\$89 per panel). Casablanca Market Moroccan Embroidered Pouf Ottoman (\$199.99). Adesso Loft Arched Floor Lamp (\$118.99). AF Lighting Plato Table Lamp with Bowl Shade (\$157.99). Sfera Celine Brushed Cotton Throw (\$79). Pine Cone Hill Laundered Linen Decorative Pillow (\$99). Dakotah Pillow Seabreeze Corded Pillow (\$54.95). Jiti Bright and Fresh Japan Rings Pillow (\$99.99). The Pillow Collection Dalle Spots Pillow (\$55.99). The Pillow Collection Tarvos Stripes Cotton Pillow (\$52.99) and Yitzhak Ikat Pillow (\$57.94). Black Canyon Dart Board Cabinet in Oak (\$87.95).

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{ Save the date }

10

APRIL

NATIONAL SIBLINGS DAY

When was the last time you told your brothers or sisters you loved them? Here's your excuse. Give them a call, write them a letter or bring everyone together for a screening of all the home movies you can dig up.



Snap to see
more. Get
the WD app,
page 16.

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SUPERCOOK.COM

No time to grocery shop? Enter the ingredients you already have in your kitchen and this website will list all the recipes you can make with them.

{ Stuff to toss }

Overused pillows

Here's a quick test: Fold a pillow in half and squeeze out the air. If it doesn't spring back, it needs to be replaced. Pillows older than 18 months harbor fungi and dust mites, which are harmful to people with asthma and allergies.

Win a vacation!

Manchester Grand Hyatt, San Diego

Enter to win a 4-night getaway for 4 in a waterfront room with breakfast daily and 4 tickets to the famous San Diego Zoo Safari Park. Value, \$1,520.

See page 121 for details and go online for official rules.



Words into ACTION

Inspired by their book club pick, one group gives girls in India the education they need to ensure their own happy endings.

BY JENNIFER OKO



KEEP founders (front row, left to right): Jeanne Cass, Ruthie Rosenberg, Sioban Keane. Back row, left to right: Elizabeth McGoldrick, Elena Rover, Cynthia Braun, Celeste Crosby.

In 2010 Ruthie Rosenberg's Katonah, NY, book club read a stirring work of nonfiction called *Half the Sky*. It tells the sometimes encouraging but often tragic stories of women around the world who are fighting extraordinary adversity, such as poverty, violence and medical neglect. The book, written by Nicholas D. Kristof and Sheryl WuDunn, argues that communities can be transformed by empowering women and girls. One chapter focuses on India, where sex trafficking ensnares thousands of young girls.

When the women finished the book, they didn't want to just stick it back on the shelf. "We couldn't walk away," Ruthie says. So seven of the book club members founded the Katonah Education Exchange Program, or KEEP, a charity to help impoverished girls in India stay in school. Then they partnered with an Indian organization that was featured in the book: Apne Aap, which means "self-empowerment" in Hindi. "By

educating girls who are trapped in or at risk of prostitution, Apne Aap introduces them to choices they never knew existed," says Ruthie.

KEEP got busy raising money to underwrite three of Apne Aap's after-school programs, which offer up to 160 girls computer training, legal rights classes, academic tutoring, even karate. Through fundraising efforts at the Katonah Village Library, holiday gift cards and "KEEP the change" collection tins spread out at store counters across town, KEEP raised more than \$10,000 in the first year.

And it's not just the adults who are getting involved. Many girls in Katonah, including Ruthie's own 10-year-old, Karli Thea, have become pen pals with girls in the Indian state of Bihar. One local teen even founded an official Students for KEEP club at the high school in 2012.

KEEP's work is paying off. More than 130 Indian girls have participated in the programs they helped fund, and in 2013, Poonam and Resham Khatoon became the first girls in their community to enroll in college. The sisters were 10 and 11 in 2005 when they were taken to an Apne Aap program by their older sister, a former child bride who wanted her siblings to have better opportunities. It looks like they will: Poonam says she wants to be a lawyer, and Resham is interested in social work



Poonam (left) and Resham Khatoon.

or education. KEEP has committed to raising the funds to make their dreams come true.

Now that the Apne Aap after-school programs are firmly in place, KEEP wants to set up another partnership. For inspiration, they read *Half the Sky's* follow-up, *A Path Appears*, which profiles people who make the world a better place. "It will motivate us again," says Ruthie.



Elizabeth McGoldrick on a recent trip to India.

BE INSPIRED!

Here's how you can help women around the world.

- Make a donation or volunteer with KEEP at keepgirlsinschool.org.
- Buy jewelry to help stop violence against women at shopsoko.com/collections/UNTF.
- Learn about women's issues across the globe at ClintonFoundation.org/noceilings. No Ceilings: The Full Participation Project, launched by the Clinton Foundation, has a database of research and resources to explore.

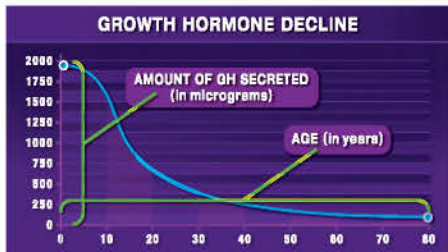
Trends | Anti-Aging

Growth Hormone:

Why We Can't Stop Talking About This "Anti-Aging" Breakthrough!



“There’s no denying that something that has a chance of reducing body fat, increasing lean muscle mass, boosting mood, giving you plenty of energy while it gets rid of wrinkles and tightens saggy skin... making you look and feel decades, not years but **DECADES** younger... is, at the very least, irresistible!”



It seems the press can't stop

talking about human growth hormone (hGH). A recent *Shape* magazine article starts out with a very provocative statement: "When you see a 50-year-old actress who can pass for 35, you can bet that good genes aren't the only things responsible for her youthful glow." *Allure* magazine, in its "Anti-aging Special" issue, highlighted growth hormone as its year-end call-out. And a revolutionary oral growth hormone booster called SeroVital®-hgh has been making headlines. After America's #1 daytime doctor introduced the research behind SeroVital to his audience and said, "I've been searching for

this since the day we started the show. I've been looking for ways of increasing hGH naturally because I don't like getting the injections," sales of SeroVital skyrocketed... But is SeroVital right for you?

● what it's all about

Growth hormone is a single chain peptide hormone that's manufactured deep within the brain... in the pituitary gland. It's released into the bloodstream and travels throughout the body. It passes into your fat cells and can actually cause them to shrink. It enters your muscle cells, stimulating lean muscle growth so you look more tight and toned, even if you haven't been working out. When it reaches the skin it maintains healthy blood flow, ramps up collagen production and strengthens the underlying substructure of the skin's critical architecture, keeping your skin firm, tight and smooth, which is why so many people call hGH the "youth" hormone... and why some experts believe it's the key to combatting aging.

● how SeroVital works

First off, let's be clear: SeroVital-high DOES NOT contain human growth hormone (hGH). It doesn't work like hGH injections, which introduce a synthetic form of growth hormone into the body, and which some experts fear may upset the natural production of hGH. Instead, SeroVital works on an entirely different principle. It increases hGH naturally in the body by nourishing the pituitary — the gland that manufactures growth hormone — which encourages it to produce hGH at more youthful levels. In fact, in a study of both men and women across a wide age range, SeroVital was clinically shown to increase mean, bioactive, serum (blood) hGH levels by 682%. The SeroVital formula is so unique it's been granted not one, but **seven** United States Patents to protect it from imitators.*

● the cost factor

At \$99 for a 30-day supply, SeroVital isn't exactly cheap. But when you consider that growth hormone injections can run as high as \$1500 a month, \$99 doesn't seem too bad. And frankly, anything that may have the possibility of reducing wrinkles, tightening saggy skin, decreasing body fat, increasing lean muscle mass, and boosting mood, while giving you plenty of energy and improving sex drive is, at the very least, irresistible. For the full story on this revolutionary, oral growth hormone booster, visit SeroVital.com. Can't wait to try it? You can find SeroVital at all Ulta stores, Kohl's, and select GNC locations, or order direct from the manufacturer at 1-800-631-7849 or SeroVital.com. Use promo code **HGH299** for free shipping.†

Score Tickets for ANYTHING

Buying tickets online is easier than ever, but are you actually getting a good deal? Use the insider info below to snag the best seats for concerts, sports events and more.

BY TRACY SAELINGER

SPECIAL EVENTS:

Sign up for discount emails

If you want to catch traveling productions such as Disney On Ice, the circus or Motocross, go to the official website of the event. At the site, you can find out about "soft opening" nights (which are cheaper) and sign up for email alerts about other reduced pricing. The tradeoff is some spam for the rest of the year. Also register on discount ticket sites, such as goldstar.com, which offer deals like two-for-one tickets on shows with lots of inventory. The sellers want to get you into a seat so you'll buy a souvenir and a hot dog.

SAVE ON FEES

It's hard to avoid ticket sellers' extra charges online, but Ticketmaster cuts some fees when you opt to pick up tickets at retailers like Kroger. Or buy directly from the venue's box office, which usually costs less.

CONCERTS:

Jump on presales

Only a fraction of concert tickets are available on the official on-sale date. Nowadays, many are sold during presales, offered by artists' fan clubs, credit card companies, on social media and radio stations—and they tend to be better seats, priced at face value. How to find out about them? Sign up for emails, follow your favorite artists on social media, look at those flyers in your credit card statement and check venue websites. Arenas also hold back some tickets until they know the stage configuration, which usually happens a night or two before the concert—so it's worth checking the box office on show day.

SPORTS:

Wait until the last minute

Purchasing tickets the day prior to—or the day of—an event is the way to go most of the time, even if it's a division-deciding game or popular rivalry. Check the box office or sites like vividseats.com, where individual sellers typically drop prices at the last minute. Other tips: Go to a game on an off day (Saturdays are often priciest), or take your kids during the preseason when you can score \$75 Cowboys tickets for \$15. For kids, it's about the experience of being in the stadium—not where they sit.



Select Better Seats With so many websites selling tickets for the same event, it's tough to know which to pick. When in doubt, check seatgeek.com, a site that rates available tickets on their value, given the price and view. (It does this by aggregating ticket offerings across the web.) It also has easy-to-use venue maps to ensure that you don't get stuck behind a pillar.

SOURCES: Dean Budnick, author, *Ticket Masters*. Michael Violi, national ticket wholesaler.

Valid on purchase of any Fresh Step Scoopable Litter between 7/1/2014 and 6/30/2015. Refund for purchase price up to \$17.99. For complete terms and conditions, see freshstep.com/guarantee

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ODORS FOR
10 DAYS**

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SNAP TO LEARN MORE
GET THE WD APP, PAGE 16.



That's something even cats find amazing.





8 THINGS YOUR TAX PREPARER WANTS YOU TO KNOW

BY KATE ROCKWOOD

1 *YOUR MONEY IS DUE APRIL 15—EVEN IF YOU FILE AN EXTENSION*

The IRS allows extensions of up to six months, but they're meant for people who don't have all the information they need to file, not for those who don't have the money. "There's a penalty and interest for missing the payment deadline, even with an extension," says Melissa Labant, CPA, director of tax advocacy for the American Institute of CPAs. To skirt those extra costs, estimate your bill and make a payment—you can get money back if necessary (or pay additional taxes owed) when you actually file. "Take a guess at whatever bit of information is holding you back from filing. Maybe it's one 1099 form you're missing or one deduction you're waiting on," suggests Labant. "Then round up your estimate to play it safe, and mail in the money."

2 *YOU'RE PROBABLY LEAVING OUT SOME DEDUCTIONS*

It's not only the big-ticket items that deserve your attention—smaller ones can add up too. "Most people know about charitable deductions, but they don't realize that travel related to volunteering can be deducted, as can job-search expenses," says Lisa Greene, a CPA and tax expert at TurboTax. Maintain records—everything from printing résumés at the copy shop to air travel for a job interview. If your total miscellaneous expenses are more than 2% of your adjusted gross income, your search may be deductible (even if you didn't land a job). Other deductions: membership fees for a weight-loss program, if you joined on a doctor's advice; legal fees paid to secure alimony; moving expenses to relocate for a new job; classroom supplies (up to \$250) if you're a teacher.





3

SMALL-BUSINESS DEDUCTIONS JUST GOT EASIER

Until tax year 2013, in order to deduct your home-office space you had to slice and dice expenses like mortgage interest, property taxes, utilities and depreciation. Now the IRS allows you to take a simplified deduction of \$5 per square foot for dedicated workspace for up to 300 square feet. "Some people were missing out because they didn't want to keep track of everything," says Greene. "This flat system makes it a snap." If you netted more than \$400 last year—in babysitting, bookkeeping gigs or an Etsy shop—you'll have to pay self-employment taxes on your earnings, so make sure you get your business-expense deductions as well.

SHOULD YOU DIY?

Yes, if you have a simple return and own no property. But if you run a business or have had a life change (say, you've started to care for your parents), using a CPA or accountant is wise.

4 THERE ARE SOME GREAT NEW TAX APPS

Download Shoeboxed onto your smartphone: You snap a photo of your receipts (or you can mail them in) and the app captures and organizes your records electronically. Come April, you can easily export sorted receipts to popular tax programs. With TurboTax TaxCaster, you can punch in some basic numbers and instantly get a ballpark figure of what your tax bill or refund will be. And once you've filed, the IRS2Go app lets you check on the status of your refund.

5 YOU MAY BE ABLE TO AMEND YOUR RETURN

This is the second year that same-sex married couples anywhere in the U.S. can reap the federal tax benefits of marriage. But lesser-known news is that these couples can amend previous federal returns for 2011, 2012 and 2013. This will most likely benefit couples with big income disparities—for example, one spouse is a stay-at-home parent or was unemployed during the recession. "Amending does not make you more likely to be audited," adds Labant—and it could score you a belated refund.

6

DOUBLE-CHECKING FOR TYPOS IS KEY

"One of the most common mistakes is using the wrong Social Security number for dependents," says Greene. "If you have kids, you need Social Security numbers to get some valuable deductions." An error could delay or jeopardize, for instance, the Child Tax Credit (\$1,000 per child), the Child Dependent Care Credit (up to \$2,100) and the Earned Income Tax Credit (up to \$6,143 with three or more qualifying children). Take a minute to confirm these numbers before you file.

7 AN IRS INSTALLMENT PLAN IS SMARTER THAN CHARGING WHAT YOU OWE

For a onetime enrollment fee of \$120 (or \$52 if you set up direct deposit), you can break your tax bill into payments spread out over 72 months, with a relatively modest interest rate of 3% annually. Though paying with a credit card might be easier—and can earn you miles or points—note that the interest rates on most plastic are far higher than those of the IRS.



8 THE ODDS OF BEING AUDITED ARE SLIM

In fact, just 1 in 104 (based on 2013 figures). And if you don't own a farm, rental real estate or a small business, those odds dwindle to 1 in 250. "When you're running a small business, the IRS tends to look a little more closely," says Kay Bell, a tax expert at *bankrate.com*. That's because people may intentionally or unintentionally claim excessive deductions. "When the IRS is comfortable that they know everything about your earnings, they tend not to mess with you." If you do have the bad luck of being audited, keep in mind that only 3 in 10 audits require a face-to-face meeting. Most audits are resolved by mail.



WD

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TRY ANY OF THE DELICIOUS SMOOTHIES BELOW TO GET YOUR DIET STARTED

Strawberry Flaxtini

- 8 Tbsp Almased
- 1½ cup water
- ½ cup strawberries
- 1 Tbsp ground flaxseeds



Cinnamon Roll

- 8 Tbsp Almased
- 12 oz unsweetened vanilla almond milk
- 1 tsp ground cinnamon
- 1 tsp stevia (optional)



Green Energy

- 8 Tbsp Almased
- 12 oz unsweetened almond milk
- 1 cup raw spinach leaves
- ½ pear
- 1 tsp stevia (optional)



Mocha Magic

- 8 Tbsp Almased
- 12 oz unsweetened almond milk
- 1 Tbsp unsweetened cocoa powder
- ¼ cup cold coffee
- 1 tsp stevia (optional)



For nutritional information on our shake recipes, go to figureplan.com/recipes and enter source code **WDS**.

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HAVING “*the talk*” WITH YOUR PARENTS

Dave Ramsey and Rachel Cruze help you broach the critical money issues every family should discuss.



WD \$ EXPERTS

Dave Ramsey's latest book is *Smart Money Smart Kids*, coauthored with his daughter Rachel Cruze. *The Dave Ramsey Show* is heard by more than 8 million listeners each week on more than 500 radio stations.



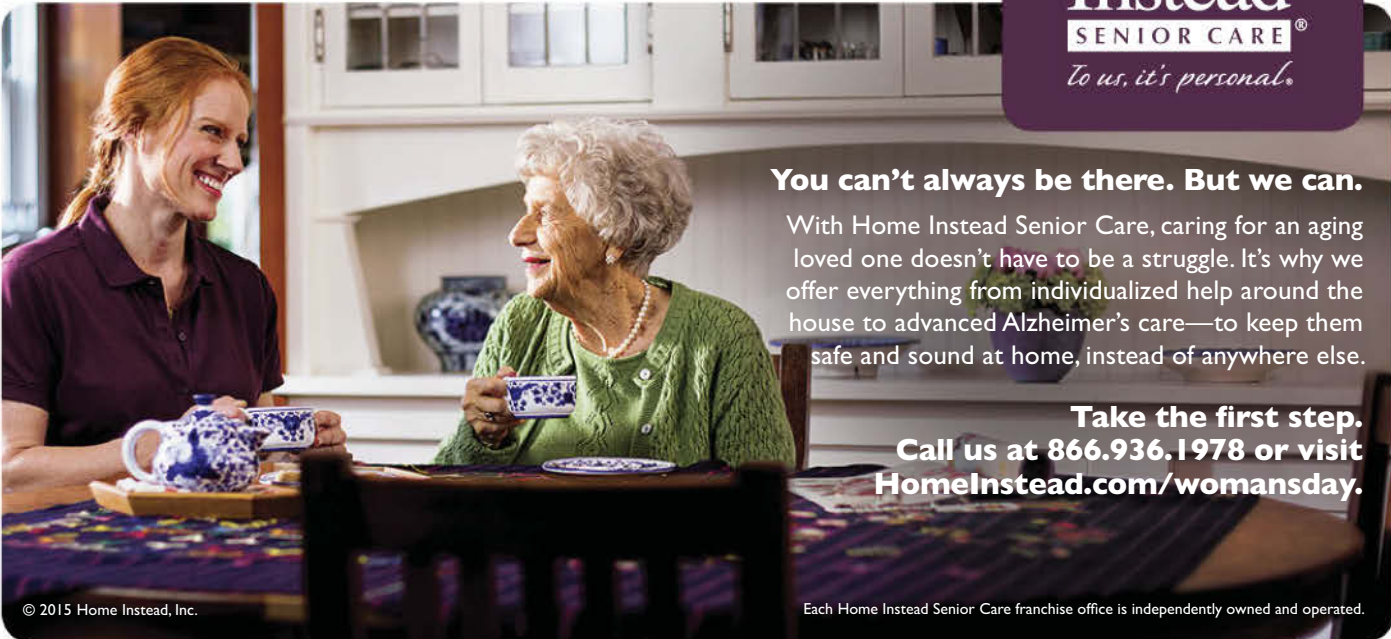


the forgotten kettle

a sign your aging parent needs help



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The Cost of Senior Care

Your loved one is growing older.
How will you pay for help?

Senior care can be expensive, and it becomes more so as an older adult's physical or mental health deteriorates. While more long-term care insurance companies may cover this care option, it is still primarily paid for by families and seniors themselves.

From individualized help around the house (homemaker services) to advanced Alzheimer's care, in-home care can be among the most affordable options available to families. Here's how these costs have stacked up against the costs of other care options:



Homemaker Services

(in-home care):

\$19

(National median hourly rate)*



Assisted Living Facility

(1 bedroom, single occupancy):

\$3,500

(National median monthly rate)*



Nursing Home

(semi-private room):

\$212

(National median daily rate)*

*Genworth 2014 Cost of Care Survey.

The Home Instead Senior Care® franchise network offers assistance with the following personal and home care services:

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- Incontinence care
- Companionship
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- Light housekeeping
- Medication reminders
- Errands

**To learn more, call 866.936.1978
or visit HomeInstead.com/WomansDay**





RACHEL: We don't like to think about it, but one day our parents are going to pass away. Sure, that's a downer of a topic, but it's reality, which means that you absolutely need to talk with your parents about their financial future.

You might experience what my dad calls Powdered Butt Syndrome: Your parents changed your diaper, so they might have difficulty taking financial direction from you. But you're doing them a huge favor. You're making sure you know their wishes, so you can do your best to grant them. In the end, this should be a comfort to both them and you.



DAVE: One of the most important topics is life insurance. There are basically two types: term and whole life. With term insurance, you have a policy lasting a set term, like 20 or 30 years. It carries a low premium, and it is there for protection, so your family will have money if the insured person dies. Whole life and similar types are marketed as investments, but I do not recommend them for anyone—there are better ways to invest your money for wealth building. Life insurance's only job should be to replace your income in the event of your death, which is vital if other people are depending on it.

When you talk to your parents, make sure they either have term life or that they have enough money in savings to cover expenses. If they don't, take them to an insurance professional to evaluate what they need.



RACHEL: You should also bring up their will. The last thing your parents want is

for the state to determine how their hard-earned money gets divided. But with no will, that's exactly what will happen. Ask anyone who's been in that situation, and they'll tell you what a mess it creates—it causes confusion within the family and leads to siblings who refuse to talk to one another. How crazy is that?

Make sure you communicate that this isn't about you getting "your money." It's about making sure that their wishes are met for how their estate is distributed. While you're at it, draw up your own will!



DAVE: Next, ask if they have long-term care insurance, which typically covers nursing homes, assisted-living facilities and in-home care for seniors. Everyone 60 years old and older needs it—no exceptions. Overlooking this critical piece of their financial plan can be absolutely devastating to your parents' retirement nest egg.

Years ago, I tried to persuade an older friend to get long-term care for himself and his wife. He didn't take my advice, and a year or so later, his wife was diagnosed with Alzheimer's. At that point, it was too late for her to qualify for coverage. The cost associated with living with Alzheimer's

for a decade or more is several hundreds of thousands of dollars. Unfortunately, his situation is not unique: Research shows that 7 out of 10 seniors will require some form of long-term care.



RACHEL: Lastly, I recommend a "legacy box." This is a simple box or drawer in which your parents put everything you need to take care of their estate when they're gone. It should include insurance documents, a copy of the will, keys to a safety deposit box, online passwords and so on.

Also, make up your own legacy box. You can't imagine how much having everything in one place will help your family during a sad and stressful time if something happens to you. In fact, this whole discussion comes down to one thing: being prepared. And the effort is totally worth it. It's a final gift of love to those you care about.



WRITE YOUR OWN WILL
Visit womansday.com/makeawill to find out what you need to do so your own children are clear on your wishes.

Keep Your Pet Calm in a Storm

If bad weather turns your animal into a nervous wreck, here's help.

BY GILLIAN ALDRICH

1 CUDDLE UP Simply being close to you is one of the greatest comforts to an anxious cat or dog during a scary thunderstorm, so sit with your pet or try to engage her in a calm play session with a favorite toy.

2 HELP HER HIDE Scaredy-cats are old pros at hiding where they feel comfortable, but it's not as easy for less agile dogs. Make sure a familiar crate or pet bed is readily available, and open the door to a bathroom or other small room. (But be sure to allow your animals to choose a spot on their own—some

become even more anxious when confined.) Then pull the shades and play soothing classical music to help buffer the sounds of the weather.

3 SWADDLE HER Vets and dog owners overwhelmingly endorse snug shirts, which apply gentle pressure against your pet's torso and calm 80% of dogs who wear them—so much so that a former barker may start to sleep through storms with repeated use. Try the ThunderShirt (\$39.95; thundershirt.com) while indoors, then slip on the stylish ThunderCoat (\$29.95) when she becomes brave enough for wet outings.



4 TRY PHEROMONES Several companies make a spray bottle solution with Dog Appeasing Pheromones (DAP), a synthetic substance (not a drug) that mimics a nursing dog's pheromones. Research shows DAPs reduced destructive behavior in 91% of dogs tested and lessened barking and whimpering in 65%. Spritz your dog's crate or bedding during storms.

RAINY-DAY DOG GEAR

Heading out? Weather a wet walk in style and comfort.

» Paw protectors

Made from grippy, biodegradable rubber, PAWZ dog boots (\$12 to \$17; drsfostersmith.com) come in a 12-pack. Just replace them as they wear out.



» Pooch poncho

If you have a tiny dog, the Roll N Go Raincoat (from \$8.69; kvsupply.com) is compact when not in use and attaches to your leash, so she's always prepared for a downpour.

» Double-duty leash

The Pet Life Pour-Protection Umbrella leash (\$14.99; overstock.com) opens up at the end of the leash to shelter your pet from rainfall.

» Waterproof walker

Stop mildew in its tracks with Zeta's brightly colored waterproof



leashes and collars (\$9 to \$16; thedogoutdoors.com). They wipe dry and don't hold odors or bacteria.

» Mud sponge

The hand pockets on the Soggy Doggy Super Shammy (\$19.99; drsfostersmith.com) make drying a pooch a quick, happy task. Bonus: They're ultra-absorbent and don't retain bacteria or wet-dog smell.



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Easy Cleanup for Your AQUARIUM

Keeping your tank healthy is a snap if you stick to this weekly routine.

Wipe the interior glass with an algae scraper.

Limit the light to less than 10 hours a day. This reduces algae, which causes green water.

Change 10% to 15% of the tank's water.*

Use a siphon vacuum (\$15; petco.com) to suck out gunk.

Check (or change) the filter and test the water with a pH strip.

If debris is still an issue, you could be overfeeding your fish. Check the food label.

Download a maintenance log from fishchannel.com to keep a record of cleaning days.

*If your tank is under 10 gallons, you'll need to change it more frequently.

SOURCE: Keith Seyffarth, founder, firsttankguide.net



Calling All Fashionable Pets!

Does your mutt love to strut her stuff in pretty sweaters and cute booties?

Woman's Day wants the most stylish pets in the U.S. to enter our Furry Fashionistas Photo Contest! Your fabulous companion could be featured in a future issue of *WD*, and one first-place pet will win a year's worth of free grooming from PetSmart (value, \$720).

To enter, simply snap a photo of your dressed-up pet and email it to wdfeatures@hearst.com.

NO PURCHASE NECESSARY TO ENTER OR WIN. Furry Fashionistas Photo Contest. Sponsored by Hearst Communications, Inc. Beginning March 10, 2015, at 12:01 a.m. (ET) through May 1, 2015, at 11:59 p.m. (ET) (the "Entry Period"), participants must email a photo entry as an attached .jpeg file to wdfeatures@hearst.com. Up to three (3) photos per person may be submitted. Photos must be the property of the participant. One (1) first-place winner will be selected by *Woman's Day* editors and win a year of free grooming gift card from PetSmart (value, \$720). Judging is at the sole discretion of *Woman's Day* editors. Must have reached 21 years of age and be a legal resident of the 50 United States, the District of Columbia or Canada (excluding Quebec). Void in Puerto Rico and where prohibited by law. Contest is subject to complete official rules available at womansday.com/petcontest.

Q My cat is throwing up hair balls. Is she OK?

A Cats swallow a lot of hair when they groom, but it should pass through them rather than be coughed up. The problem could be too much dry food, which can dehydrate your kitty and leave her digestive system without enough moisture to move the hair all the way through. Switch to a canned or fresh-food diet. Also try regular brushing and daily treats with omega-3s and enzymes to help her break down the hair balls. If nothing works, see a vet to rule out an internal issue.



REDUCES URINE SPRAYING IN 90% OF CATS.*

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All cats are unique, results may vary.
For best results, use Feliway for a
minimum of 30 days along with a
behavior modification plan.

If you purchased a Foogo® Straw Bottle in the U.S. between January 1, 2007 and December 23, 2014 you could get a payment from a class action settlement.

A settlement has been reached in a class action lawsuit against Thermos L.L.C. ("Thermos"). Plaintiffs allege that Thermos falsely advertised Foogo® Stainless Steel Vacuum-Insulated Straw Bottles and Foogo® Plastic Straw Bottles (collectively, the "Bottles") as "leak-proof." Thermos denies that its description of the Bottles was false or misleading, or that it did anything wrong. To avoid litigation costs and potential risks for both sides, the parties have reached a class action settlement, which was preliminarily approved by the U.S. District Court for the Northern District of Illinois (the "Court") on December 23, 2014.

You may be in the Settlement Class (the "Class") and entitled to a benefit if you purchased a Bottle in the United States at any time between January 1, 2007 and December 23, 2014. Qualifying Class Members may submit a claim for one of three benefit options: A) an estimated cash payment of either \$4.50 or \$8.50, depending on the Bottle purchased; B) a new Foogo® Bottle or a specified new adult Thermos® brand beverage bottle; or C) payment estimated to be the amount paid for the Bottle(s), with proof of purchase. To qualify, you must complete and submit a Claim Form, signed under penalty of perjury, along with any necessary supporting documents, on or before June 22, 2015. Claim Forms and instructions are available at www.foogobottlesettlement.com or by calling 1-855-225-1889. The dollar amounts in A and C above are estimates and may decrease depending on the number of valid claims in the settlement. As such, your claim may be reduced by up to 75% of the estimated amounts above.

If you qualify for the settlement but don't want to be legally bound by it, you must exclude yourself by April 13, 2015. Information on how to exclude yourself from the settlement is available at www.foogobottlesettlement.com or by calling 1-855-225-1889. If you do not exclude yourself, you will be bound by the settlement.

If you are a Class Member and do not exclude yourself, you can object to any part of the settlement. Your objection must be timely, in writing, and contain certain specific information as described in the Notice and other documents at www.foogobottlesettlement.com or available by calling 1-855-225-1889.

The Court will hold a hearing at 9:15 a.m. Central on May 27, 2015 in Chicago, Illinois to determine whether to approve the settlement. The Court will consider whether the settlement is fair, reasonable and adequate and whether to approve Class Representatives' service awards and attorneys' fees and expenses to be paid by Thermos. You may attend the hearing, and you may hire your own lawyer at your own expense, but you are not required to do either.

This Notice is just a summary. Detailed notice, as well as the Settlement Agreement and other documents, can be found online at www.foogobottlesettlement.com. For more information, you may contact the Settlement Administrator by phone at 1-855-225-1889, by e-mail at info@foogobottlesettlement.com or by mail at Foogo Bottle Settlement, PO Box 2212, Faribault, MN 55021-1612.



Deviled egg chicks

ACTIVE 20 MIN ♦ **TOTAL** 45 MIN
MAKES 12 CHICKS ♦ **COST PER CHICK** 34¢

- 12 large eggs**
- ¼ cup plus 2 Tbsp mayonnaise**
- 2 tsp fresh lemon juice**
- 2 tsp Dijon mustard**
- Kosher salt and pepper**
- 1 large carrot, very small capers, fresh dill and chives, for decorating**

- 1** Place the eggs in a large saucepan, add enough cold water to just cover and bring to a boil. Remove from heat, cover the pan and let stand for 11 minutes.
- 2** Drain the eggs and return them to the saucepan. Gently shake the pan to crack the eggs all over. Run under cold water to cool, then peel the eggs, discarding the shells.
- 3** Cut the top third off each egg and reserve. Carefully remove the yolks from the bottom two thirds, transfer to a small bowl and mash with the mayonnaise, lemon juice, mustard, ¼ tsp salt and ½ tsp pepper. If necessary, slice a thin piece off the bottom of each egg white so they stand upright.
- 4** Using a 1-in. cookie scoop, scoop the yolk mixture onto the top of each egg white. Very thinly slice the carrot into strips, then cut into feet, wings and beak shapes. Use the capers for eyes and the herbs for beards, hair and eyebrows, gently placing each in the yolk mixture to make a face. Use the reserved top third of the egg for a hat.

PER CHICK 41 CAL, 9 G FAT (3 G SAT FAT), 93 MG CHOL, 43 MG SOD, 3 G PRO, 1 G CAR, 0 G FIBER

Shown on page 82

Smoked chicken legs

ACTIVE 30 MIN ♦ **TOTAL** 4 HR 30 MIN
(INCLUDING MARINATING AND SMOKING)
SERVES 6 ♦ **COST PER SERVING** \$1.44

- 1 Tbsp garlic powder**
- 1 Tbsp paprika**
- Kosher salt and black pepper**
- 6 chicken legs**
- ¼ cup apple cider vinegar**
- ¼ cup water**
- ¼ cup brown sugar**
- 2 Tbsp ketchup**
- 1 tsp molasses**
- 1 tsp liquid smoke**
- 1 clove garlic, finely chopped**
- 3 cups wood chips (soaked in water for at least 1 hr)**
- 2 pieces heavy-duty foil (if you don't have a smoker)**

- 1** In a small bowl, combine the garlic powder, paprika, 2 tsp salt and 1 tsp pepper. Rub all over the chicken and refrigerate for at least 1 hour or up to 1 day.
- 2** Place the wood chips in the smoker according to manufacturer's instructions and heat to 225°F, then place the chicken on the racks bone-side down and cook, turning halfway through, until the internal temperature is 165°F, 2 to 3 hours.
- 3** If you do not have a smoker: Remove the grill grates from one side of a gas grill and heat over medium-high heat. Tear 4 pieces of heavy-duty foil. Divide the chips between two pieces of foil, then sandwich with the other pieces. Fold over all of the edges to seal. Use a fork to poke holes in the top piece of foil. Place one foil package directly on the burner and let cook until the package begins to smoke, about 5 minutes. Let smoke for 5 minutes, then reduce heat to medium-low (the package should still be smoking).
- 4** Place the chicken on the other side of the grill opposite the foil package, bone-side down (the chicken is on the grill grates over the burners not in use). Cover the grill and cook, turning the chicken halfway through, until the internal temperature reaches 165°F,



2 to 3 hours (if your grill has a temperature gauge, try to maintain 225°F to 235°F with the burners not directly under the chicken). If the foil packet stops smoking, replace with the second one, increasing the heat to get it smoking and reducing heat after it has started.

5 Meanwhile, in a medium saucepan, combine the vinegar, water, sugar, ketchup, molasses, liquid smoke and garlic. Bring to a boil, then reduce heat and simmer until slightly thickened, 15 to 20 minutes. Brush over the cooked chicken. Or, if desired, before serving, increase grill to medium-high and grill the chicken, turning and basting with the sauce, until the skin is beginning to char, about 5 minutes.

PER SERVING 415 CAL, 17 G FAT (4 G SAT FAT), 123 MG CHOL, 457 MG SOD, 49 G PRO, 23 G CAR, 2 G FIBER



Shown on page 86

Chocolate chip cookies

ACTIVE 30 MIN ♦ **TOTAL** 50 MIN
MAKES 16 COOKIES ♦ **COST PER COOKIE** 21¢

- 2 cups all-purpose flour
- 1/3 cup whole-wheat flour
- 1/2 tsp baking powder
- 1/2 tsp baking soda
- 1/2 tsp kosher salt
- 3/4 cup (1 1/2 sticks) unsalted butter, at room temperature
- 1/2 cup dark brown sugar
- 3/4 cup granulated sugar
- 1 large egg
- 1 tsp pure vanilla extract
- 1 cup semisweet chocolate chips

1 Heat oven to 325°F and line 2 baking sheets with parchment paper. In a large bowl, combine the flours, baking powder, baking soda and salt.

2 Using an electric mixer, beat the butter and sugars in a large bowl until light and fluffy, about 3 minutes. Beat in the egg and vanilla.

3 Reduce the mixer speed to low and add the flour mixture in two additions, mixing just until combined. Fold in chips.

4 Spoon the batter (about 1/4 cup per cookie) onto the prepared baking sheets, spacing them 2 in. apart. Bake until just set, 18 to 20 minutes. Transfer parchment and cookies to wire racks to cool.

PER COOKIE 144 CAL, 8 G FAT (3 G SAT FAT), 18 MG CHOL, 81 MG SOD, 2 G PRO, 17 G CAR, 1 G FIBER

Shown on page 140

Chewy chocolate cookies

ACTIVE 10 MIN ♦ **TOTAL** 30 MIN PLUS COOLING
MAKES 18 COOKIES ♦ **COST PER COOKIE** 24¢

Cooking spray, for the pans

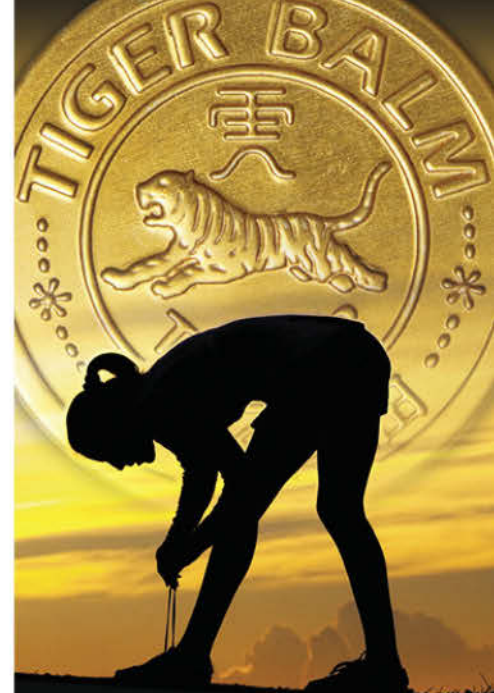
- 3 cups confectioners' sugar
- 3/4 cup Dutch-processed cocoa powder
- 1/2 tsp kosher salt
- 2 large eggs
- 1 tsp pure vanilla extract
- 1 cup walnuts, chopped
- 1/2 cup bittersweet or dark chocolate chips (we used Ghirardelli 60% Cacao Bittersweet Chocolate Chips)

1 Heat oven to 350°F. Line 2 baking sheets with parchment paper and lightly coat with cooking spray.

2 In a medium bowl, whisk together the sugar, cocoa powder and salt. In a large bowl, whisk together the eggs and vanilla. Add the sugar mixture and mix to combine; fold in the walnuts and chocolate chips.

3 Spoon the batter (about 1 1/2 Tbsp per cookie) onto the prepared baking sheets, spacing them 2 in. apart. Bake, rotating the position of the pans once, until the cookies are puffed and the tops begin to crack, 12 to 14 minutes. Let the cookies cool on the baking sheets for 5 minutes, then slide the parchment and cookies to wire racks to cool completely.

PER COOKIE 166 CAL, 7 G FAT (1 G SAT FAT), 20 MG CHOL, 61 MG SOD, 2 G PRO, 25 G CAR, 1 G FIBER



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FROM THE WOMAN'S DAY ARCHIVES DECEMBER 1976

PERFECT FOR
PASSOVER!

Chewy Chocolate Cookies

See page 139 for recipe.

THEN

This classic chocolate cookie recipe originally included flour.

NOW

We eliminated the flour to make this Passover-friendly (and gluten-free!).

THEN

These cookies were coated with a layer of melted semisweet chocolate, making them super-sweet.

NOW

We ditched the coating and added bittersweet chocolate chips and chopped walnuts to the batter for a richer flavor and texture.



THEN

The dough needed to be chilled for 5 hours before baking.

NOW

Our testing showed that there is no need for the chilling step, so now the recipe only takes 30 minutes start to finish!

VOTE TO WIN!

Which classic WD recipe do you want us to update in the magazine? Either snap on the tag (right), or go to womansday.com/makeover and vote.

- **Black and White Bars**
January 1965
- **Cheesecake Brownies**
June 1962
- **Vanilla Crumb Bars**
October 1951



One lucky voter will win \$250 and a copy of *Woman's Day Easy Everyday Dinners*. Get the WD app, page 16.